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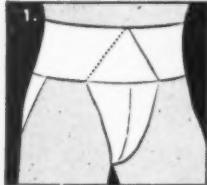
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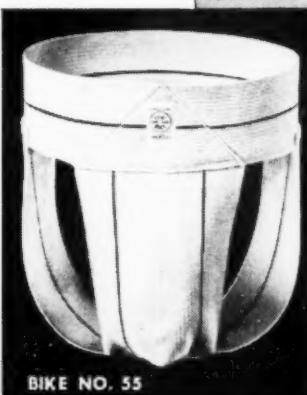


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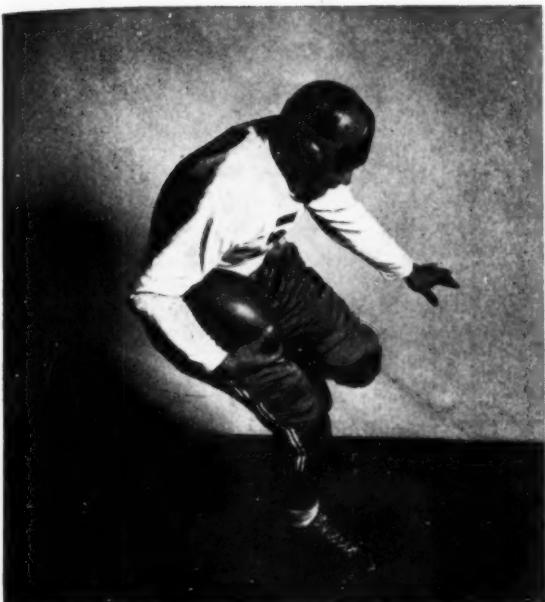
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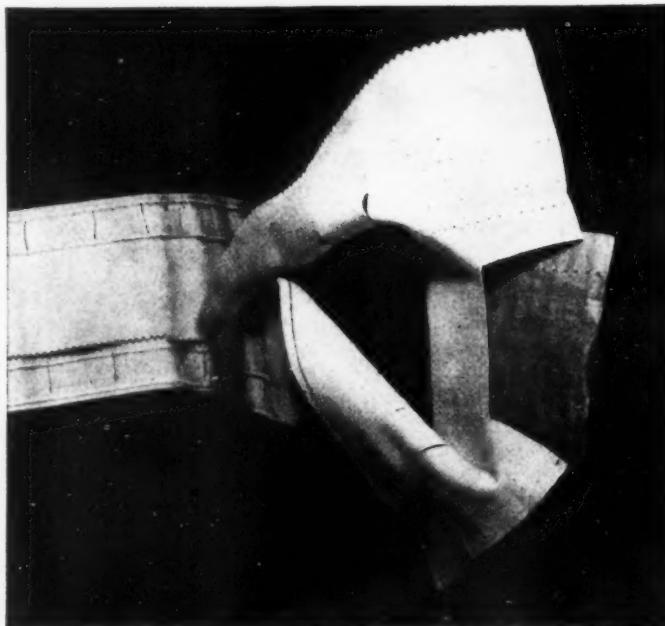


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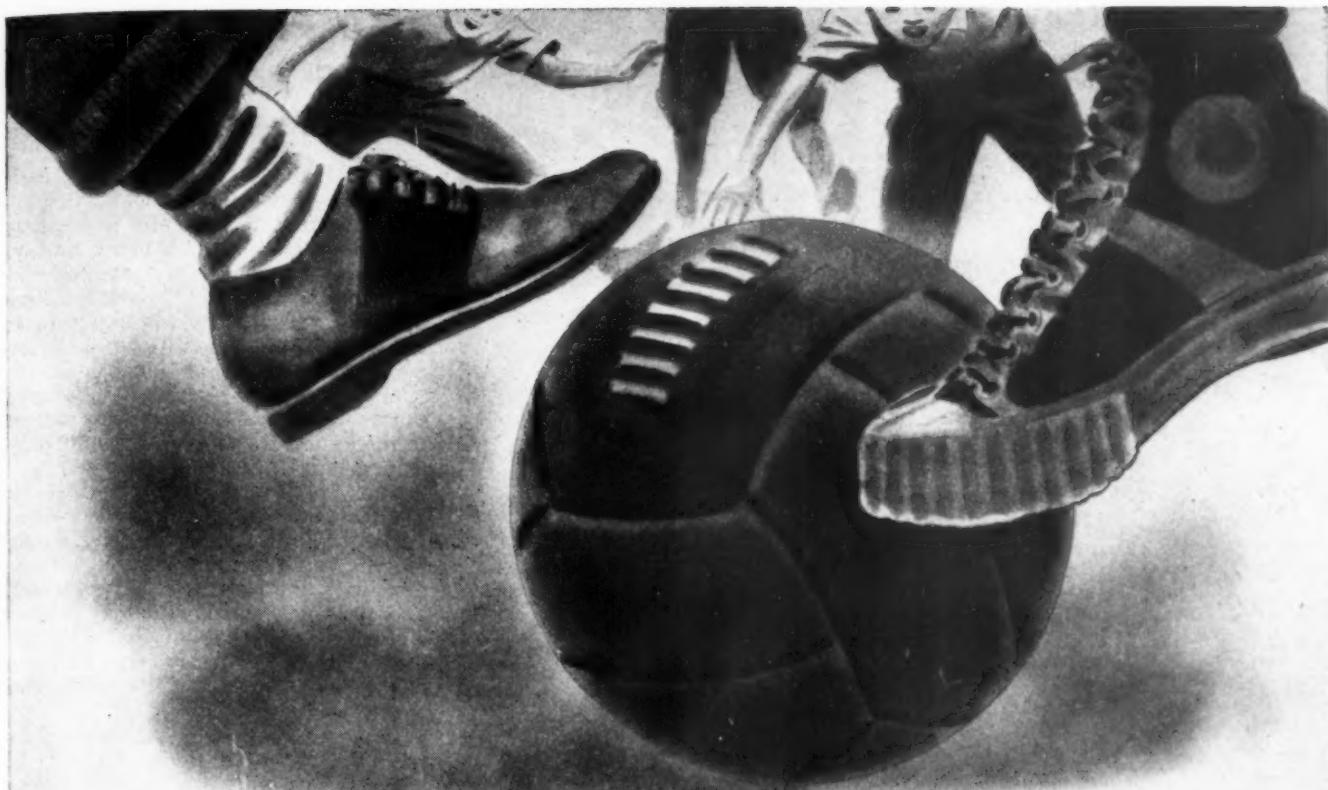
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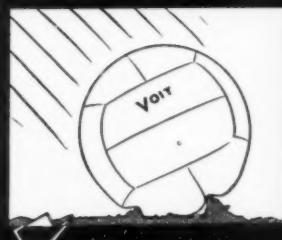
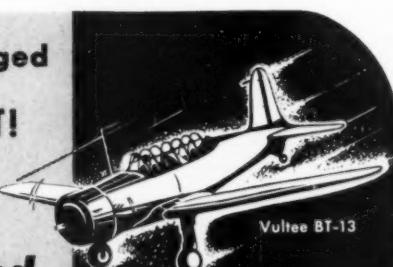
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THE PHYSIOLOGY OF ATHLETICS

VI Sleep

THE youth who is attending high school or college and participating in athletics is usually a creature of extremes. He eats his meals hastily. He worries about his classwork and his standing on the team. He may have to work to pay his expenses at school. To these taxations, he may add inordinate social obligations.

The intensity of such activity taxes the resources of the nervous system to the extent that sleep offers the only sure means of recuperation.

The amount of sleep required by the scholastic athlete depends entirely on the individual; the determining factors being his age, daily activity, physical and mental development, and personal peculiarities. It is possible for an individual to obtain too much sleep. Temperance in sleeping is just as essential as temperance in eating and other habits of life.

The quality of sleep is measured by the presence of dreams, the ease of waking, stimulation with light, noise or touch on the skin, and the sense of restfulness on arising. Objectively it is graded by a number of movements that may be observed during sleep.

A period of five hours of sound sleep is far more restful than a ten-hour span of semi-consciousness and tossing in bed. Absolute rest presupposes dreamless slumber. The result obtained is the desire to arise and be up and doing—a feeling that the capacity for work has never been greater. People sleeping out of doors or in amply ventilated rooms as a rule sleep deeply; hence, because of the quality, require less sleep.

Normal and refreshing sleep is favored by moderate fatigue, reduction of sensory stimuli, slowing down of thought processes, and lessening the flow of blood through the brain.

Athletes should be taught a healthy sleep habit founded on the following principles:

1. Arise at a regular hour, regardless of early morning fatigue.
2. Stay awake all day.
3. Determine the number of hours of sleep usually required to produce a feeling of absolute rest upon awakening. Calculate the hour of retirement accordingly. Establish the habit of retiring regularly at this hour.
4. As you undress for bed, shed your worries with your clothes. Go to bed to relax, rest and sleep.
5. Have sleeping room dark, well ventilated and as quiet as possible. If you cannot escape noise, make up your mind to become adjusted to it.
6. If nervous excitation is marked or physical fatigue unusual, take a tepid bath before retiring.
7. Avoid eating or drinking too much before retiring.

LAURENCE E. MOREHOUSE

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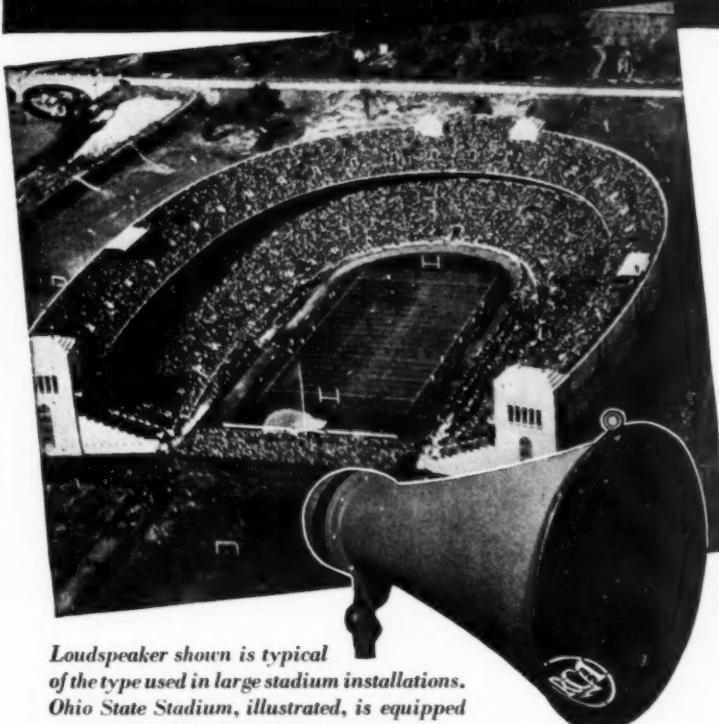
We suggest you plan and install your school's public address system during the summer months when classes are not in session. Then you can count on your gymnasium or stadium, or both, being ready for the big events of next Fall and Winter. You'll find your RCA Victor Public Address System will draw larger crowds. For it brings spectators closer to the action by letting them *hear* as well as *see*!



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The roaring Rams, Fordham's football team, which battled Texas A & M in the Dallas Cotton Bowl last New Year's Day, go for Knox Gelatine to help keep up endurance. Seen in the Fordham locker room is Trainer Jake Weber, dealing it out to Vince Denney, Steve Filipowicz, and Len Eshmont.

In any sport . . . it's not so much how a player begins as how strong he is at the *finish*. But this is particularly true of football.

Many a flashy-looking team has lost because it couldn't keep up a winning pace in the final seconds.

**HERE'S WHAT COACHES
AND TRAINERS SAY
ABOUT DRINKING
KNOX GELATINE**

(As advised by famous coaches)

- 1 Two tablespoons twice a day for 10 days. Take before and after practice period. Or, if squad has two practices a day, take after each practice.
- 2 Then, two tablespoons a day. Take after game or practice period, preferably after shower.
- 3 The recommended way to take the gelatine is in plain water (room temperature), or grapefruit juice, or grapefruit juice and water may be mixed 50-50; 4 oz. of water and 4 oz. of grapefruit juice. Pineapple juice may be substituted for grapefruit juice.

Athletic experience has shown the value of extra protein in helping to keep up endurance. Four tablespoonfuls of easily assimilable Knox Gelatine contains as much protein as 4.2 eggs, or 1.7 pts. of milk, or 7.8 oz. of beef, or 9.1 oz. of wheat cereal, or 14 slices of bread.

**HERE'S HOW TO
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COACHES who took our "Baseball Quiz" two months ago would do well to fish out their papers and recheck question 18. Bernard A. "Barney" Friberg, the eagle-eyed ex-major league infielder who now coaches at the Saugus, Mass., High School, credits us with a fumble on the answer.

With a runner on first and none out, the reader was asked to give four ways of making a double play on an infield fly to the second baseman. In the answer, each possibility was predicated on the dropping of the ball.

Two years ago this would have been considered smart baseball. But as Friberg pointed out, a new rule nullifies the play. Under Rule 49, Section 2 (a), the umpire must treat an intentionally dropped fly or liner as a regular catch.

In full justice to Jack Coombs, the astute Duke University coach who prepares these quizzes, we add that he was not caught napping on the play. By the phrase, "drop the ball," in his answer to the question, he really implied "let the ball drop"; that is, either let the ball hit the ground or make a pick-up of it. Either play constitutes a legal trap. His undergraduate experts, to whom he gives these quizzes every year, were marked accordingly.

The new basketball rules

JJUDGING from the latest changes in the basketball code (see page 36), the rules makers apparently are content with the game as it now stands. Outside of the usual surgery on the three-second rule (the latest modification will free the outer half of the free-throw circle to unrestricted occupancy by the pivot man), little change was wrought in the actual playing code.

From now on, we think, the National Basketball Committee will bend most of their efforts towards the standardization of equipment. The game could certainly be improved by standardizing one style and shape of banking board; one official ball; one kind of basket; and, if possible, a floor of one size.

The first move in this direction was the recommendation for universal use of the fan-shaped backboard and the molded ball, with a view to making them official.

Although these items of equipment are already being widely adopted, the recommendation disturbed at least one group of prominent basketball men—the National Association of (College) Coaches. This body, at their annual conclave this year, went on record as favoring the adoption of the six-by-four

Here Below

foot rectangular bank and the laceless, stitched-seam ball.

The committee had no choice but to turn these recommendations down. The bank and the ball of their choice represent the best years of the Research Committee's life. For years these scientifically-minded men have studied and experimented on ways of producing the best possible equipment at the lowest possible cost. The fan-shaped bank and the molded ball are the realization of this dream.

From the available statistics, you would have a hard time presenting a case against these streamlined developments. Who can gainsay that the fan-shaped bank eliminates superfluous areas on the banking surface, increases shooting angles from the four-foot end area and increases visibility from the end seats? And that the molded ball is more durable, has a more constant reaction and is cheaper than the stitched ball?

That the country's high school men are solidly behind the fan-shaped bank and the molded ball may be gathered from the reports of the national high school basketball tournaments (page 40).

War of nerves

NEW YORK of late has been serving as a battleground for a tragi-comic feud between the state high school athletic association and New York City's powerful Public School Athletic League.

The P.S.A.L., which controls the athletic fortunes of over 80 secondary schools, would obey the spirit rather than the letter of certain state restrictions, but the state group remains adamant. They've drafted a code for a safe and sane interscholastic athletic program and they're sticking by their guns—maybe a little too closely. As a result there exists between parent group and scion a beautiful misunderstanding.

After several skirmishes during

the past two years, the two groups really came to pistol points last month; when, for divers reasons, the state group barred the city high schools from participating in the University of Pennsylvania Relays.

Fed fuel by the local newspapers, the controversy became a cause celebre. In Albany, the state capital, Senator Seymour Halpern whipped up a bill which would have taken the control of interscholastic sports out of the hands of the big, bad state group and turned it over to the local boards.

In presenting his bill to the State Senate, Senator Halpern floored every good physical educator in the house with the amazing statement that the present policy of the state group—which could be any state association policy, since the New York body is a representative group—"will result eventually in wiping out completely all varsity competition."

Among the corrosive agents of the state policy, he mentioned the limitation of the football season to seven games, the prohibition of post season and intersectional games, and other universally-accepted restrictions. An out-of-state athletic administrator, wandering into the house, would probably have had a tough time telling whether Senator Halpern was fighting or defending state autonomy. In any light, despite the Senator's fiery polemics, the bill was defeated.

A LONG and honorable association came to an end last month when A. G. Spalding & Bros. and the sundry rules books parted company. After more than a half century of faithful service, Spalding is passing the baton along to A. S. Barnes & Co., who have been publishing the girls' guides for the past few years.

Starting with the next sports season, Barnes will publish these nine guides: football, basketball, track and field, swimming, ice hockey, soccer, lacrosse, wrestling, and boxing.

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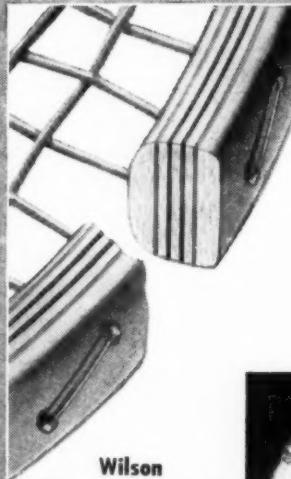


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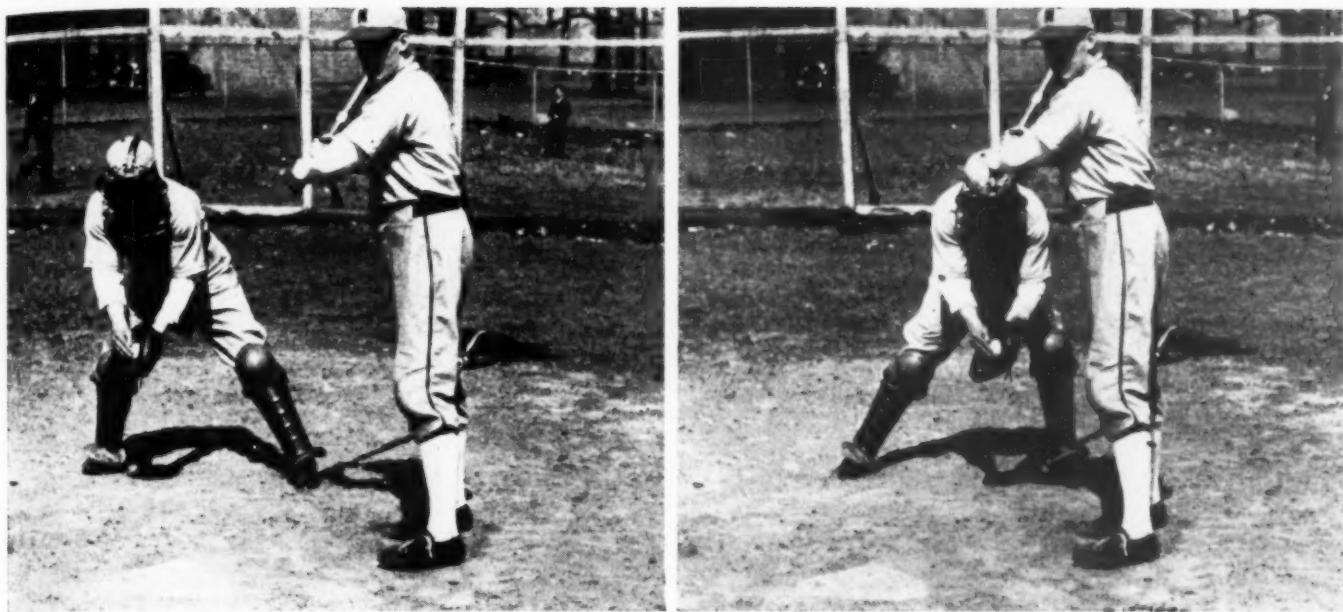
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(Players mentioned are retained on the Wilson Advisory Staff)



Bad pitches may be handled easier behind the plate by stepping to the side on which the ball is thrown.

FOOTWORK AROUND THE BASES

By Al Mamaux

Al Mamaux, baseball coach at Seton Hall College, is well qualified to write on any phase of the national pastime. After ten great years as a major league pitcher (Pittsburgh and Brooklyn), he went over to the International League as playing-manager of the Newark Bears. Under his leadership the Bears won successive pennants in 1932 and '33. Mr. Mamaux has contributed two previous articles to *Scholastic Coach*: "It's the Old Confidence That Does It" in May 1939, and "What It Takes to Make a Pitcher" last month.

MAJOR league players purchase the best in baseball footwear. They pay from \$15 to \$22.50 a pair and use two or three pairs a season. To the layman this may seem like a lavish disbursement. The cognoscenti, however, recognize this as an essential investment.

The player buys the best because footwork is one of the most important parts of the game. Nearly every move the player makes entails the use of the legs. Batting, running, sliding, fielding, throwing, pivoting—all require adroit manipulation of the limbs.

Players with poor control of their pedal extremities linger briefly in organized ball. Just as boxers are sometimes knocked out because of slipshod footwork, so are baseball players with poor footwork often knocked off their feet and out of plays.

The feet and the legs actually determine the proper equilibrium of the body in the execution of rapid single outs and double plays, which involves throws from various angles.

The infielder stands in a crouched position with the feet spread about 16 to 18 inches apart, the legs bent at the knees and the toes pointing toward the batter. The weight is on the balls of the feet.

If the ball is hit to the right of the fielder and it is necessary to go in for it, the first step is made with the left foot. If the ball is hit in the front of the fielder and to his left, the first step is with the right foot.

The principle is reversed on fly balls. On flies in back of the fielder and to his left, the first step is taken with the left foot. On flies to the right and back, the fielder goes back with his right foot leading.

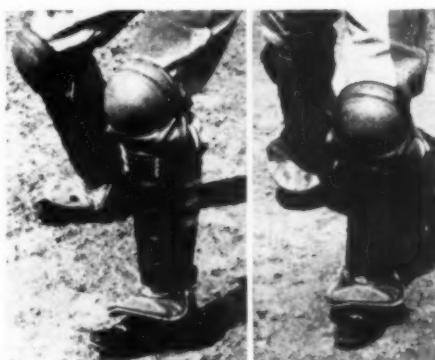
One can readily surmise from these fielding fundamentals how important footwork really is. In catching, for example, proper footwork is indispensable in receiving, throwing and fielding.

A good throwing arm is no guarantee against stealing. There are many catchers with good throwing arms on whom the opposition can run wild. Poor footwork is the answer. The receiver's inability to shift feet on pitches to the right or left of the plate results in many stolen bases and passed balls.

The catcher should learn to shift his feet so that his body is in front of every pitched ball. Young catchers derive much more from the potentialities of body balance and weight shift when they take a stance with the left foot slightly in front of the right than when they keep their toes on a line. The catcher's feet should be comfortably spread with the right toe parallel with the left instep and the weight on the balls of the feet.

On pitches that are wide, the catcher should step to the side on which the ball is delivered. Hence, to get in front of a ball pitched to his right, he steps to that side with his right foot. On wide pitches to his left, he steps with his left foot.

Perhaps the most difficult mechanic involved in throwing quickly is the ability to shift in front of a pitched ball and at the same time maneuver the body into throwing position. The catcher is in a position to throw when he does not have to shift for the pitch or when he has to shift to the right, since the weight must be transferred to the right foot anyway. When the pitch is to the left, however, he must shift the weight with a hop.



RECOMMENDED STANCE for young catchers (left), with the feet comfortably spread and the right toe on line with the left instep. In throwing the catcher points his toe at the target.



On all throws the toe of the left foot points to the objective.

There are two types of footwork for plays at the plate, depending on whether the play is a force or a tag. On force plays, the catcher deports himself more or less like a first baseman. He steps in front of the plate and determines the direction of the throw before tagging up. On throws to his right, for example, he steps sideward with the right foot and tags up with the left.

A different sort of footwork is employed when the runner must be tagged. I recommend a position in front of the plate about a foot toward third base. With the catcher in this position, the runner coming home must make a perfect slide.

Others prefer their catchers to face the thrower. If the throw comes from the right-field side of second base, the catcher stands on the third-base side of the plate just over the base line in foul territory. When the throw is coming from the other side of the keystone sack, the catch-

SECOND BASEMAN pivoting on double play: The right-foot method is shown on the left, with the baseman hitting the bag with his right foot, then stepping to the inside of the diamond with his left. On the right the baseman hits the bag with his left foot, steps outside with his right and then toward first with his left.

er's play is made from the other side of the plate in fair territory.

Perhaps no player of any position in any sport has the opportunity and the relative length of time to attend to his footwork as does the first baseman in baseball. Yet the failure of many first sackers to shift their feet properly has led to serious spike injuries and a general weakening of the defense.

When the ball is hit to one of the other infielders, the first baseman runs to a position just in front of the bag and faces the direction from which the throw is likely to come. This is a safe stance. Most young players straddle the bag and thus cannot shift their feet in time to snare throws to their right or left.

As the baseman catches the ball, he slips either foot back and touches the bag without looking at it. On balls thrown to his right, he shifts from his preliminary position to the right-field side of the bag, tagging up with the toe of his left foot. On throws to his left, he shifts to the infield side of the bag with his right toe tagging up.

If the throw is in front of the base, the right-handed first baseman extends his left foot and keeps the right foot on the bag. The left-





1



2



3

FOOT BY FOOT

On this page are illustrated several of the more basic foot positions in the infield. Pictures 1 through 5 show the normal footwork of the first baseman: "finding" the bag preparatory to shifting for the throw (No. 1), shifting to his right (No. 2), shifting to his left (No. 3), stretching for a straight throw, right hander (No. 4), the same stretch, left hander (No. 5).

No. 6 illustrates the correct way of covering third base on throws in line with the runner. On pick-off pegs from the catcher, the third baseman covers the sack as shown in No. 7. No. 8 shows the way Coach Mamaux likes his second baseman to cover the bag on attempted steals. As you will note, the baseman makes his play from in front of the bag. The last three pictures show the first baseman moving into fielding position after holding a runner on base.



4



5



6



7



8



9



10



11



handed baseman reverses the procedure, stretching forward on the right foot and keeping the left foot on the bag.

The footwork of the first baseman with men on base might well be considered here. With a man on first, the baseman straddles the point of the bag nearest the pitcher. Thus, when the ball is thrown to him by the pitcher, all he need do to complete the tag is to drop his glove to the ground.

When the pitcher throws to the plate, the first baseman takes two or three steps toward second base. The first step is made with the left foot. On bunts, of course, he goes in toward the plate.

Going from first to second base, the coach finds his work cut out for him. Being the most important base in the infield, I spend a great deal of time teaching my shortstop and second baseman the execution of double plays. The progressive action pictures show the shifts or pivots I have found easiest to teach and which give me the best results.

SHORTSTOP pivoting for two: On the left the baseman hits the corner of the bag with his right foot and steps toward first with the left. Inasmuch as he winds up in the base line, this position is advisable only when the runner is late coming into the bag. The best method of pivoting is shown on the right. The throw has been received slightly to the third-base side of the bag. The baseman hits the base with his left foot, steps to the inside of the diamond with his right and toward first with his left.

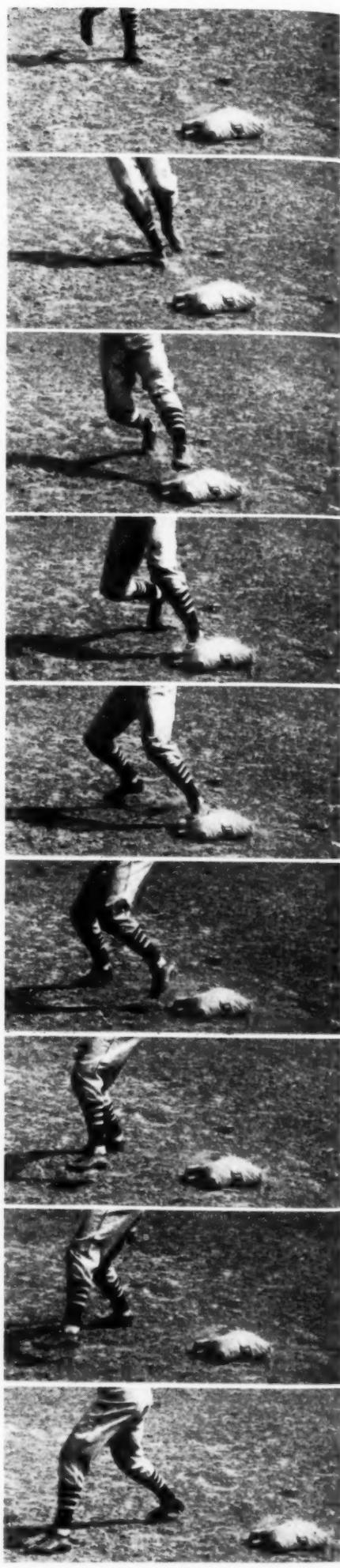
Being the pivot man in a double play may be easy or tough for the second baseman. It's a cinch for the runner to break it up if the second baseman fails to go through properly with his part of the work. One way of pivoting is to catch the ball as you step on the base with the left foot, then push with this foot to the outfield side of the base and complete the throw to first.

In another method I teach at Seton Hall, the second baseman steps on the base with his right foot at the same time he catches the ball. He then steps into the diamond with his left foot and completes the play.

In both these methods the runner seldom interferes with the throw, as the second baseman is out of the base line.

The shortstop also has several ways of pivoting for double plays. If the throw is caught on the third-base side of the bag, he steps on the bag with the left foot; then steps to the inside of the bag with his right foot and toward first with the left to throw.

(Concluded on page 35)





Left: The legal stance, with both feet on the rubber and the ball held in both hands in full sight of the batter.

Center: The pitcher is allowed one step. The other foot must remain in contact with the rubber until ball is released.

Right: By crooking his arm, the pitcher makes sure he delivers the ball with the proper motion and follow through.



SOFTBALL'S SPECIALIZED SKILLS

By Gene Martin

Gene Martin, basketball and baseball coach at the Newark, N. J., Preparatory School, is Eastern vice-president of the Amateur Softball Association.

FOR a sport that has just cut its eyeteeth, softball is doing amazingly well these days. Baseball may be the national pastime, but softball is the strapping kid brother who threatens to out-grow the big fellow. It is the new American fever, the sport and fun of nearly a half million teams and five million players.

Softball is baseball in all essential playing particulars. The diamond is there, the bases, the unpredictable thrills of pitcher versus batter and fielder versus ball.

The most obvious differences are that the field is smaller, the team consists of ten players instead of nine, the ball is fatter and overhand pitching is taboo. Nearly as obvious, and even more important in the spread of the game, is the factor of safety.

For the softball, though nearly three inches larger around than the compact baseball, is less than two ounces heavier and thus only three-fifths as dense. It travels fast but not so far; it is easier to judge and to field; it is less damaging when it caroms off a shin.

You would think from the size of the ball and the restrictions on the pitcher that softball would be a paradise for batters. But nothing could be further from the truth. The pitching distance is only 43 feet,

compared to baseball's 60 1/2, and the speed and hooks pitchers attain are almost unbelievable.

Unfortunately, in many softball milieus, there is much illegal pitching in evidence. Most offenders do not break the law intentionally. They've just never taken the pains to study the rules. Despite some thought to the contrary, the pitching rules are simple and with a little study are self-explanatory.

How to pitch

The first concern of the pitcher is his stance on the rubber. The rule states that both feet must be in contact with the rubber. Many interpret this to mean that both feet should be close together. This is not the intended significance. The feet may be

placed in any manner desired as long as some part of each foot maintains contact.

Most of the great pitchers use a semi-open stance, placing their feet in a comfortable position about eight to twelve inches apart. The stance affords the thrower maximum comfort and thus helps him with his control. Another advantage of this stance lies in the fact that it leaves the pitcher in the best possible fielding position at the finish of the pitch. A great pitcher is a fifth infielder, and thus a decidedly larger asset.

In connection with this it should be remembered that a pitcher can move in any direction he desires at the finish of his throw. Many coaches labor under the illusion that a pitcher cannot run forward or sideward. There is no such rule in the book.

After a pitcher has acquired the proper stance, the next step is the delivery itself. There are any number of styles, the most popular of which are the windmill or continuous rotation of the arm, the figure eight and the baseball windup. Style is something a good coach may develop by encouraging the player to practice until he acquires a natural groove.

Care should be taken that the pitcher does not make a backward step in the delivery, as this is illegal. The rule states that the step must be forward. Also that one foot must remain in contact with the rubber until the ball is released.

The wrist may not be outside the



AFTER RELEASING the ball, the pitcher may take his back foot off the rubber and deploy in any direction.



ILLEGAL DELIVERIES: Each of these pictures represents a distinct violation of the pitching rule. In the first picture, the player is taking a stance with one foot off the rubber.



In the second, he is about to release the ball with the hand above the hip and the wrist farther from the body than the elbow. In the last picture, he has stepped back instead of in.



elbow. Most successful pitchers crook the arm slightly toward the hip.

The underhand or submarine pitch is illegal. Pitchers are always stumbling upon this delivery while working out new methods of increasing their effectiveness; only to have their pitch called illegal in a game. The pitch may violate the rule in several respects; the wrist may be outside the elbow or the pitcher may be using a snap and jerky release at the hip.

The rules call for a complete follow through, with the arm acting as a pendulum. The pitcher must present the ball to the batter before starting his delivery. The rule states that preliminary to pitching the pitcher must come to a full stop with both feet squarely on the ground and in contact with the rubber for a period of one second, with the ball held in both hands in full sight of the batter.

The writer has seen a number of excellent pitchers called on this.

It is also illegal for a pitcher to make any motion to pitch without immediately delivering the ball to the batsman. This prohibits the so-called "rocker" motion in which the pitcher, having the ball in both hands in pitching position, separates the hands and swings the arm back and forth one or more times. This does not mean, however, that a pitcher may not take a windup, as in the windmill delivery, in which he uses a continuous circular movement, even though the hand taken off the ball may again touch and travel with the ball in the course of the windup.

After learning the proper stance,

delivery and control, the pitcher may try for speed. The last will come with proper practice and attention to the fundamentals. A fastball pitcher with poor control is hardly an asset.

The writer at this time would like to correct the erroneous impression that the pitcher must have his or her palm up in delivering the ball. It is the twist or snap of the wrist that imparts stuff to the ball. Outcurves, incircles, drops or sinkers, riseballs and other variations are all obtained in this manner.

Everybody on the team should always know just what the next pitch will be so that they may organize their defense accordingly. Baseball

strategy can usually be applied.

The short fielder in softball has a value that is often overlooked. When deployed wisely, this player becomes much more than a roving outfielder. The Briggs Mfg. Co. of Detroit, world's champions in 1937, and a great team every year, uses the short fielder as an additional infielder, playing him about ten to twenty feet back of second base.

Thus on bunts, attempted steals, hits through the box, and double plays, this man can cover second base, releasing the shortstop and second baseman for other pursuits. On bunts the shortstop covers third and the second baseman first. The pitcher, first and third are thus able to come in for bunts without exposing their flanks.

Short fielders have been known to throw out as many as ten men on clean hits through or over the pitcher. A fast man with a good arm is needed for this position, preferably one with infield experience.

Base running

Base running is another much neglected phase of the game. The hit-and-run and other inside plays have their place in softball just as in baseball. Every good team should have coaches on the base lines to flash signs for hit-and-runs, steals and other advanced base-running plays.

As base runners are forbidden to take leads, they should take a stance on the base that will afford the speediest possible getaway. The smart runner faces the next base. He keeps his right foot on the base and

(Concluded on page 56)



THE PITCHER is violating the rule here in failing to hold the ball in front of the body in full view of the batter.

WHEN INJURIES ARE KEPT DOWN

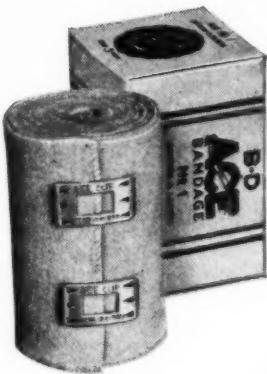
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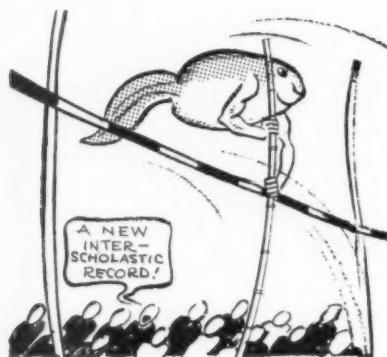
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The Young Squirt

This is the second of a series of articles on diet and other conditioning agents in athletics by Laurence E. Morehouse, of the department of physiology at the University of Iowa. The article, which deals with the beneficial effects of proper exercise and healthy living, is organized in outline form for the convenience of coaches and physical educators who would like to present the material, with their own elaborations, to their physical education and hygiene classes.

I. What is a Sea Squirt?

A. Youth. As a youth the sea squirt is a free-swimming animal somewhat similar to a tadpole. The young animal possesses a fairly well-developed backbone, gills and a nervous system. For some reason, early in its life cycle, it settles on the ocean bottom and attaches itself to an object by means of an adhesive disk located on its chin. The Squirt is then considered to have attained adulthood.

B. Adult. After the Sea Squirt has settled down, certain changes are noticed. The muscular tail which was formerly used in swimming has disappeared. The backbone and part of the nerve cord also have disappeared. Later on the paired eyes and ear structures are lost and the brain also degenerates.

The abdomen, however, becomes larger as the back shortens. The alimentary canal bends into a U-shape and the number of gill slits greatly increases. The animal then secretes a substance which hardens and covers him with a protective coating. With its siphons widely expanded it allows a current of water to pass into the oral and out of the atrial siphon, and in this effortless manner obtains its food and oxygen.

This process has transformed an active, respectable animal into a lazy, stationary, sac-like creature which is scarcely recognizable as an animal and is hardly more than a water bag.

II. How to be like the Sea Squirt.

A. Youth. As a baby an abundance of energy, a sensitivity of new surroundings and frequent handling for feeding and diaper changes as-

THE SEA SQUIRT

By Laurence E. Morehouse

Presenting an outline for an interesting allegorical lecture on the beneficial effects of exercise and healthful living.

sure the human of adequate stimuli for proper growth and development. As a child his almost incessant activity is a valuable asset to the healthy growth and development of his body. However, as the youth progresses in school, homework, longer school hours and shorter recesses reduce his opportunities for activity.

Making no use of recesses and after-school activities for functional stimulation, like the Sea Squirt he starts to settle on his chin. He rides whenever he gets a chance. He devotes his free hours to reading, listening to the radio and going to the movies. He would rather watch a sports contest than participate in one.

As he reaches adulthood, any exertion becomes a great effort and he begins to settle permanently on his chin.

B. Adult. As a result of settling down the Adult Human Squirt, who at one time was vigorous and well developed, acquires a faulty posture, weak and soft muscles, weak back, flabby abdominal muscles with a distended abdomen, contracted chest, round shoulders, and a shiftless attitude.

This overfed, underexercised, short-winded individual has a diminished vitality and is more susceptible to the perils of organic diseases and disturbances.

III. Effect of inactivity.

A. Classroom illustration. While sitting in the classroom certain normal functions and some organs are impaired. For example, the general inertness of the body and the pressure of the weight upon the buttocks interfere with the blood and lymph circulation in that region.

These fluids depend upon muscular movement for their transfer. If this circulation is not maintained, the food and oxygen needed for tissue growth and maintenance is withheld and the fatigue toxins and other waste materials are allowed to



The Old Squirt

accumulate in the tissues. It is only natural for the student to feel like standing once in a while and stretching.

B. Intermission. As a practical illustration of good health procedure, give the class a two-minute intermission during the middle of the period. During this time the boys may stand, shake and stretch their arms and legs. They may even indulge in a good yawn if they want to, as long as they keep their mouths covered and do not offend with theatrical groans.

After the intermission the class should return to their seats without fuss or noise. By a show of hands you may determine how many feel better and how many would like to continue the practice. This show of hands, of course, is merely a form of psychology. The average class of adolescents will welcome any break in classroom procedure. They should be warned that they will be given intermissions only as long as they keep order.

IV. How to avoid being an Adult Human Squirt.

A. Equipment. Almost everyone has the equipment to avoid being an Adult Human Squirt. This equipment may be divided into three main categories.

The first is physical form and structure. In a large measure these are determined by heredity, which defines the possible course and limits of development.

The second—physiologic development—requires graded and frequent use of organs. Through the use of organs, the capacity for activity is enlarged and a nicety of adjustment is obtained.

The third—the mind—is the master of the bodily machine; it too, acquires greater capacity and a better equilibrium and adjustment with graded and proper use.

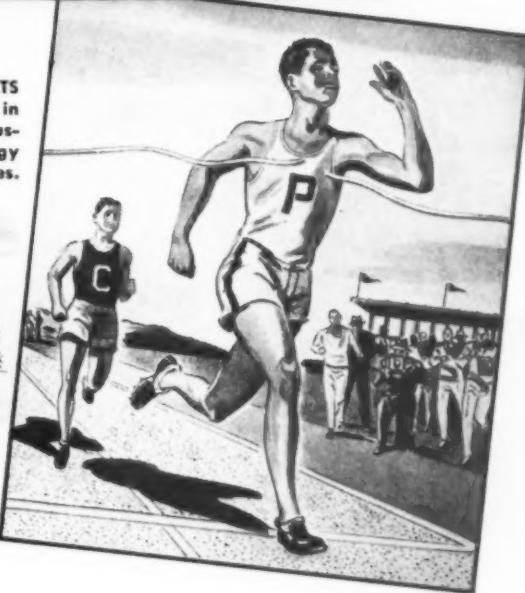
As these three parts of the body are properly developed and main-

(Concluded on page 34)

NATIONAL FITNESS DEMANDS ENERGY



COMPETITIVE SPORTS
require food-energy in abundance . . . sustained food-energy such as bread supplies.



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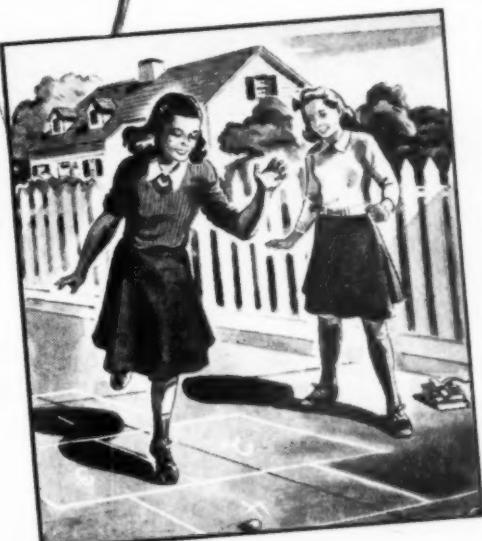
For active boys and girls, bread supplies sustained food-energy which is needed for endurance. And bread made with milk offers other nutrients the body needs—proteins for tissue repair and growth . . . valuable minerals, including calcium and phosphorus.

The teacher who helps children to an appreciation of the value of bread is making a real contribution to good nutrition.

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GIRLS who enjoy active sports can benefit by eating plenty of bread or toast . . . to help supply sustained food-energy needed for endurance.

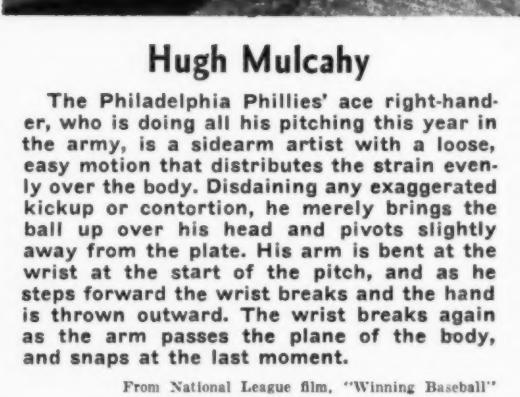


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Hugh Mulcahy

The Philadelphia Phillies' ace right-hander, who is doing all his pitching this year in the army, is a sidearm artist with a loose, easy motion that distributes the strain evenly over the body. Disdaining any exaggerated kickup or contortion, he merely brings the ball up over his head and pivots slightly away from the plate. His arm is bent at the wrist at the start of the pitch, and as he steps forward the wrist breaks and the hand is thrown outward. The wrist breaks again as the arm passes the plane of the body, and snaps at the last moment.

From National League film, "Winning Baseball"

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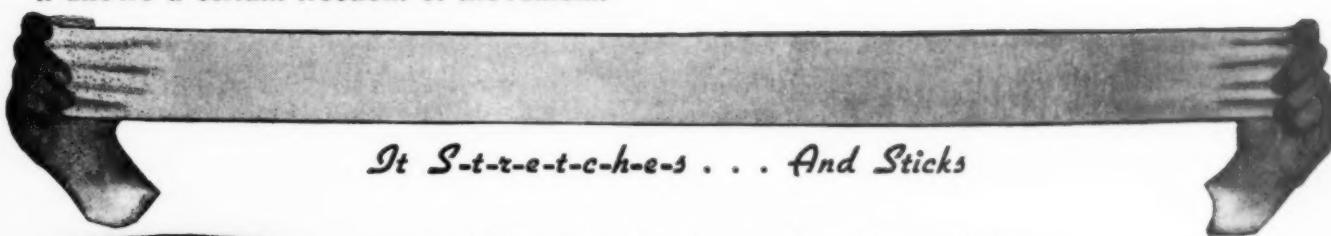
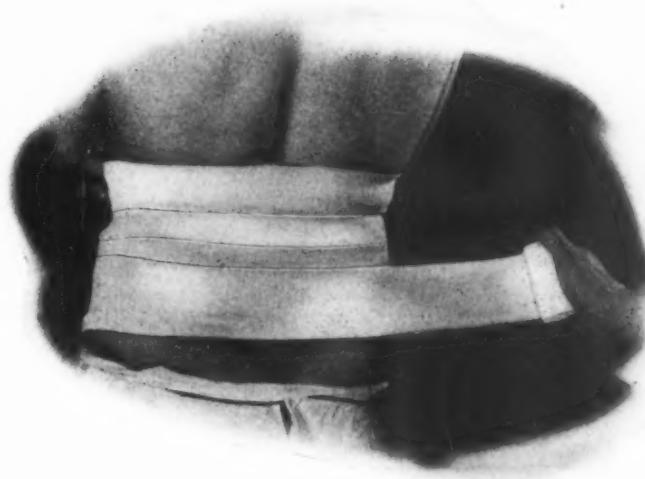
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VOLLEYING ANGLES IN THE FORE-COURT

By John A. Kraft

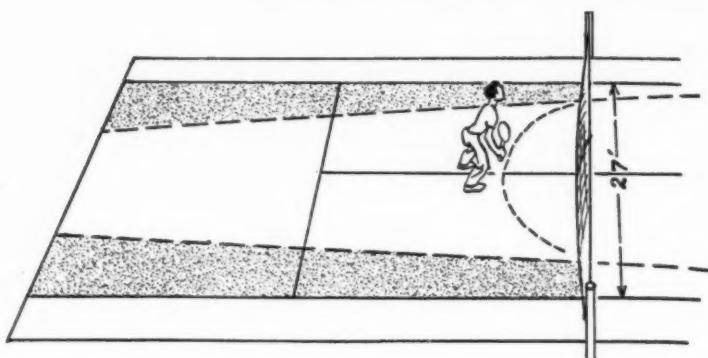
John A. Kraft, Jr., author of "Science and Mechanics of Lawn Tennis" and coach of the Junior Davis Cuppers in 1939, is now a tennis instructor in Memphis, Tenn.

FROM a game of deep, forceful driving, tennis has progressed into a much faster game of accuracy and angles. Winning tennis today is played both in the neighborhood of the baseline and inside the service court. It is the game of drive and volley; a game predicated on strong ground strokes and given authority by the player's command of the net.

The drive, of course, must be the main factor of a winning game, but without the volley, the full fruits of its strength cannot be harvested. Valuable power is wasted, openings sacrificed and much energy wasted.

Going to the net after a forcing drive entails certain risks, but if the attacker has the equipment, there is more risk to the opponent. Deployed

ILLUS. 1



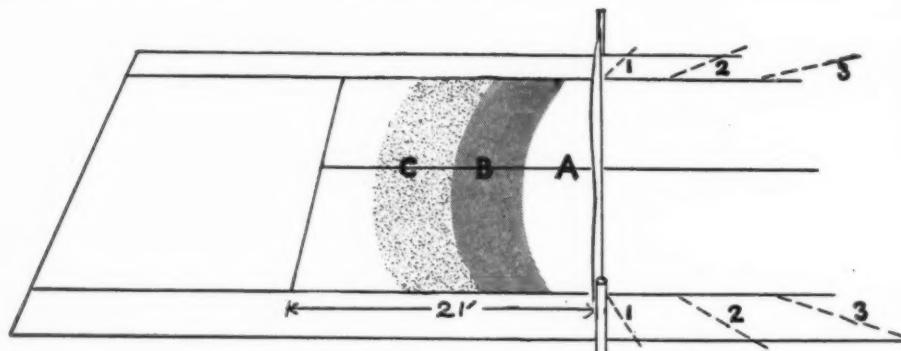
from getting in close. By keeping constantly prepared to check his momentum the instant the opponent discloses his intent to lob, the attacker will have time to get back under the ball.

There are players who are exceptionally clever in camouflaging their strokes and getting just the necessary height and depth, but as long as the aggressor keeps mentally and physically alert he should rarely be trapped.

A position near the center of the net affords the best possible placements

By standing close to the net, a player is able to reduce his number of errors and obtain a maximum range of stroking angles to all parts of the court. The possible stroking angles are shown in Illus. 2.

Standing in the area marked A, balls struck by the netman must travel a scant two or three feet before crossing the net and entering the opponent's court. Thus the player has almost a 180-degree angle of placement, as indicated by the dotted lines marked 1. In area B the returns must carry farther, thus limiting the sphere of placement to the angles numbered 2. From C the netman will be forced to volley defensively and has even less angle range for his returns.



ILLUS. 2

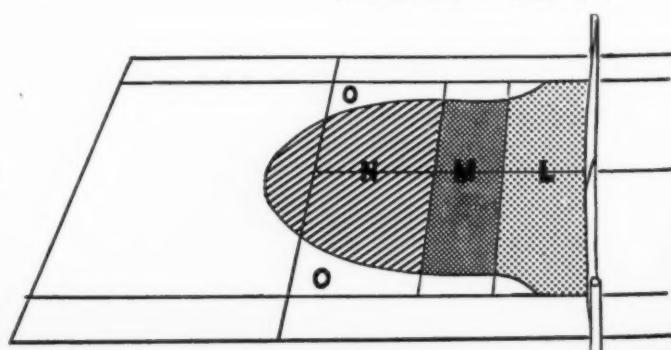
at the center of the net, the attacker is able to cover almost the entire court.

The lob and the drive provide the back-court player with his only recognized offensives. Illus. 1 shows the great possibility of error in a passing shot. A successful shot must pass within the shaded areas, as the netman can cover the rest of the territory. When you remember that the space between the inside alley lines is but 27 feet and that the player can cover about 24 of these feet, it is easy to understand why the passing shot is such a gamble.

The lob, in the hands of an expert technician, is a strong weapon against forecourt players. Requiring less accuracy than the passing shot, it may be used to force the attacker from his net position.

Fear of this weapon, however, should not discourage the attacker

ILLUS. 3



Making the volley

In making a low net volley, the player should try to flex his body with the drop of the ball and gain a position in back and almost beneath it. The weight and firmness of the body will assist in counteracting the speed of the opponent's drives. Were these drives to be handled with only the support of the wrist, the task of returning such balls would be almost impossible.

In contacting the ball, the netman should strive to keep his body at right angles to the net. When the speed of play renders the pivot im-

(Concluded on page 33)

A COMPLETE LINE FOR SPORTS-FIELD LIGHTING

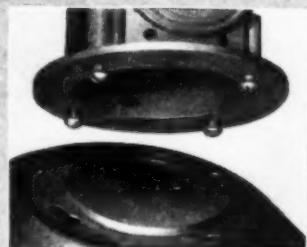


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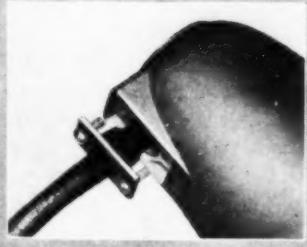


Inexpensive, porcelain-enamel units produce a wide flood of light. Well constructed of deformed steel and die-cast aluminum alloy—efficient and sturdy, built for year-after-year service.

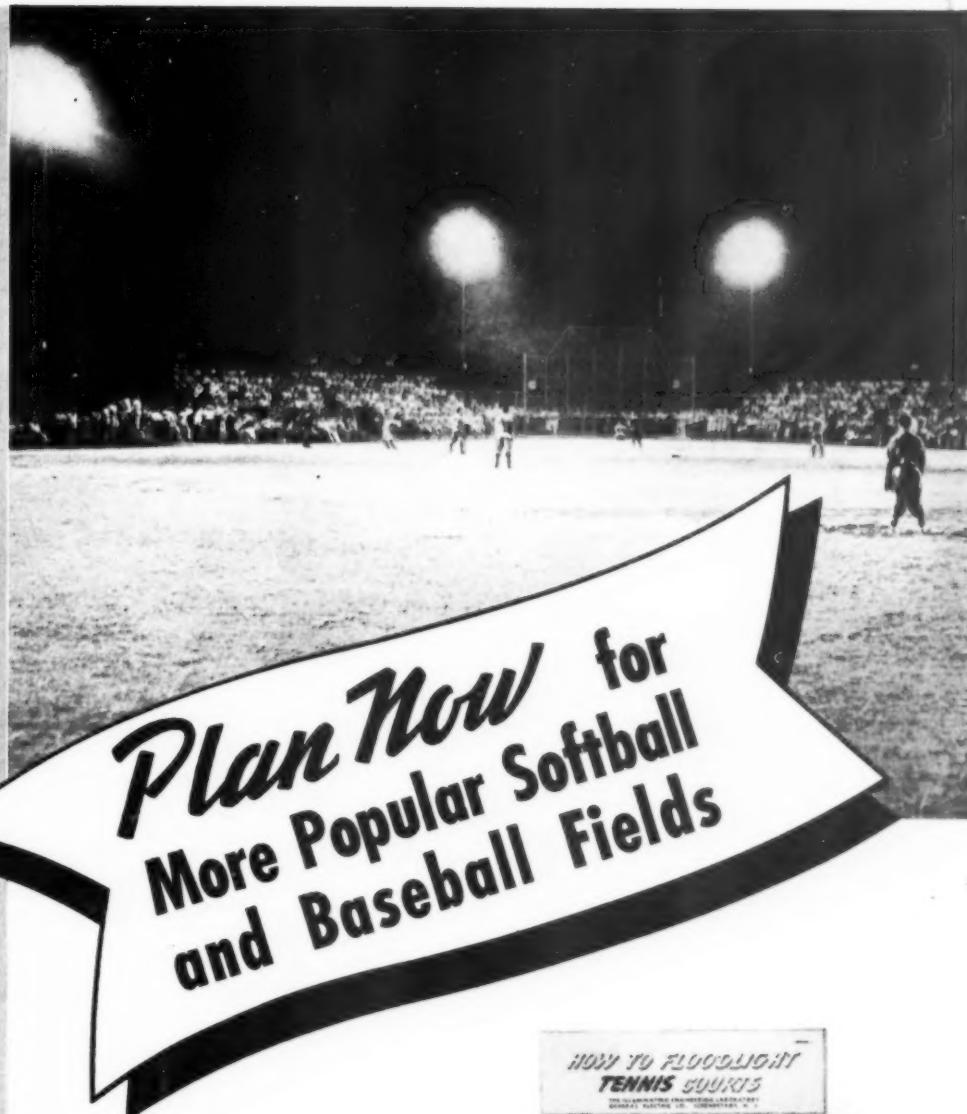
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WITH floodlighting, your athletic programs need not end with darkness. Outdoor sports can continue for several more evening hours—and play to larger crowds. In schools of every size all over the country, games played at night show attendance increases of three, four, and five times.

Intramural sports need not be limited to just a few teams because of lack of space. The use of available playing areas can be increased and more teams accommodated if outdoor sports are continued after darkness. In many schools, floodlighting of softball and baseball fields has proved the most popular and economical solution of space limitations.

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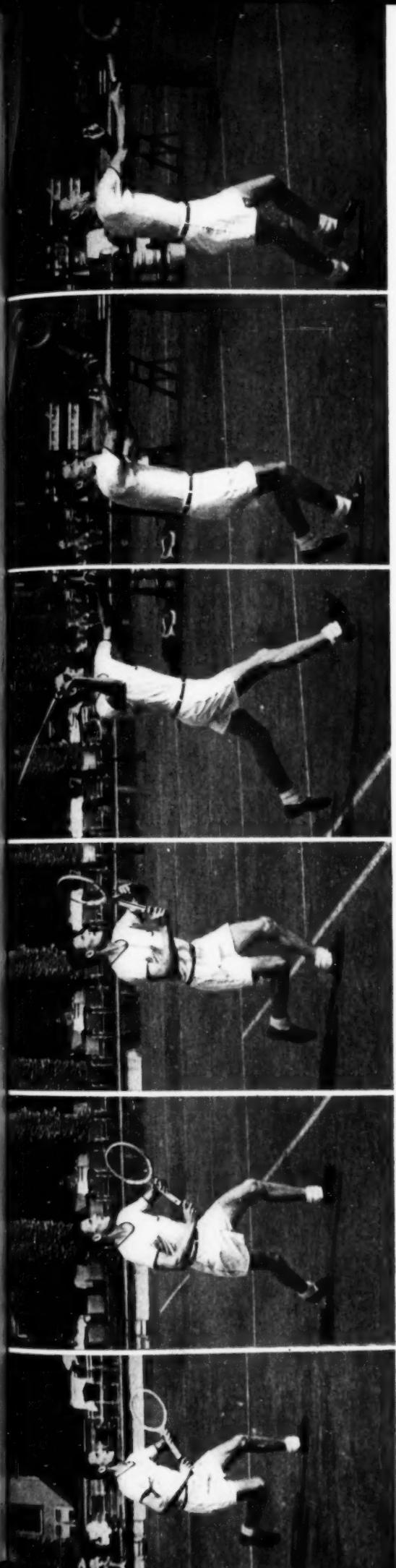
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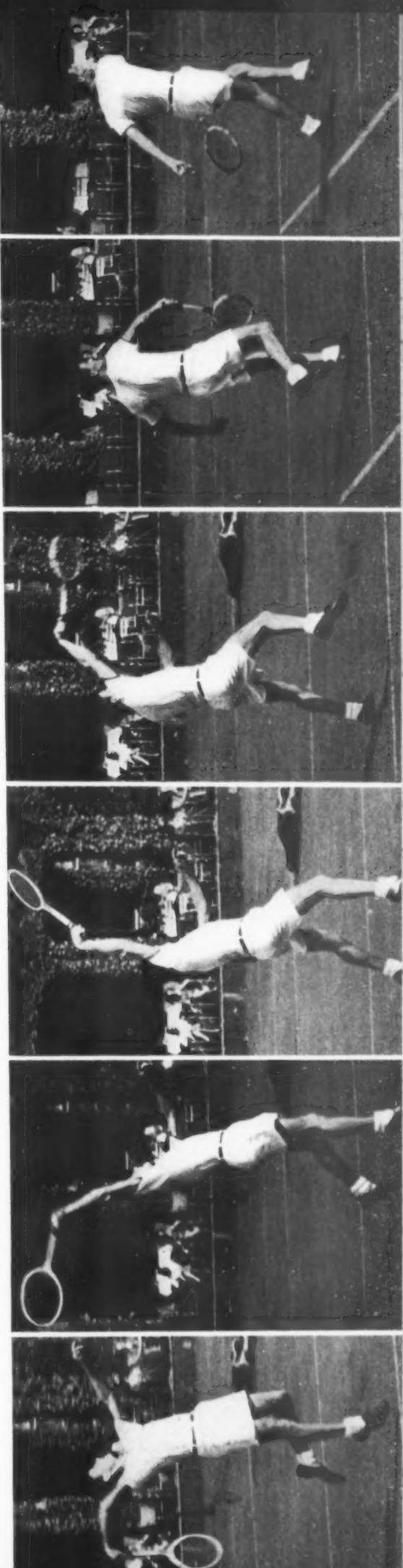




THE fine coordination and timing that trademarks the accomplished overhead game is very much in evidence in these action shots of Ted Schroeder, co-holder of the national doubles championship. In the top strip, Schroeder is making a put-away shot. After working his opponent into a poor defensive position, he has followed a forcing drive into the net. The opponent's best is a feeble floater; which the lank Californian promptly puts away. He times his approach neatly; gauging his stride and readying his racket at the same time. He meets the ball well out in front, off his right foot, and puts it away with a flat, angled

shot. The overhead smash (below) differs little from the serve. Instead of tossing the ball up himself, Schroeder deals with a lob that has been lofted over his head. To establish contact at the top of the swing, he leaps into the air off his right foot. The ball is met beautifully (somewhere between the second and third pictures) at the top of his reach and slightly in front of the body. From the extreme angle of the wrist in the third picture, it is clear that Schroeder is putting exceptional slice on the ball. The racket head comes around the outside of the ball and hits across toward the left and down, imparting side-spin.

AT THE OVERHEAD GAME



EIGHTEEN HOLES WITH THE BEGINNER

By Hugh Ward

This is the second of a series of three articles on the proper use of the clubs in golf by Hugh Ward, well-known golfing instructor. Mr. Ward is well qualified to write on the subject, having served as pro at three famous Eastern country clubs—Apawamis, Greenwich and Fresh Meadow—and conducted adult group classes at East Orange, N. J. At present he is golf coach at the Poly Prep County Day School in New York City.

AS WE STATED last month the purpose of this instructional unit is to point out some of the more common mistakes of the average young golfer in his first few times on the course.

To make this as practical as possible, the writer is projecting a story about an imaginary round of golf with an average beginner as the central character. The writer follows him around, observing errors of judgment as they occur. A stroke-by-stroke map of the round complements the text.

Last month's installment covered the first six holes of the round. We pick the beginner up at the seventh hole.

SEVENTH HOLE: This 412-yard hole is a slight dog leg to the left, guarded on the left side by woods, which catch hooks, and on the right by traps and heavy rough. The fairway is undulating.

The player sliced his drive about 160 yards, but luckily it came to rest on the edge of the fairway on a sidehill. On his second stroke he made a typical beginner's mistake. Although he was standing at least a foot below the ball, he gripped his spoon at the end and took a full swing. As a result, he lost his balance and hit in back of the ball.

The experienced golfer would have "choked" up on his club (see



On sidehill lies with the ball above the feet, it pays to "choke" up on the club.

Some of the more common mistakes of the young golfer in his first few times on the course



INVETERATE SLICERS may trace their trouble to a faulty stance. As on the left they may be standing too far away from the ball. Right: the correct address.

illustration) and taken a low back swing.

EIGHTH HOLE: A 435 yard hole, this is one of the longest par fours on the course. The fairway breaks sharply from left to right all the way to the 300-yard marker. A smart golfer will take advantage of this break and play his ball to the left, to get the benefit of the roll.

The player again sliced his drive; the ball caught the sidehill and rolled about 180 yards. The reason for his prolific slicing is shown in the above illustration.

For his second stroke, out of the rough, he used a spoon. His judgment was good, as he had a fine lie; the rough being cut very close and the ball being nicely set up. He hit a beauty down to within fifty yards of the green.

His third stroke was well played. He used a niblick for a nice pitch onto the green. So far this has been his best hole.

NINTH HOLE: This is the shortest hole on the course, being about 140 yards long. The tee and the green are both elevated, with the green completely surrounded by deep traps and sloping away from the left down to a deep ravine.

The player's tee shot was hit straight at the flag but, much to his surprise, the ball fell short into a deep trap in front of the green. His mistake had been in neglecting to make allowance for a wind blowing against him. He should have used a longer club than usual in this situation. However, on his second shot,

he recovered from the trap very nicely.

TENTH HOLE: The player started off ingloriously on this 385 yard hole by slicing his drive into a trap about 170 yards out. He had a fine lie in the trap and selected a No. 2 iron for his second shot; trying for distance. He failed to get the ball up quickly enough and thus hit into a bunker guarding the end of the trap.

In deep traps or in traps guarded by bunkers, it is not advisable to play for distance. The danger lies in failing to get a quick rise, and thus hitting the side of the trap. Only try for distance when the trap is shallow and you don't have to get the ball up too quickly. (See illustration on next page.)

ELEVENTH HOLE: This hole is 412



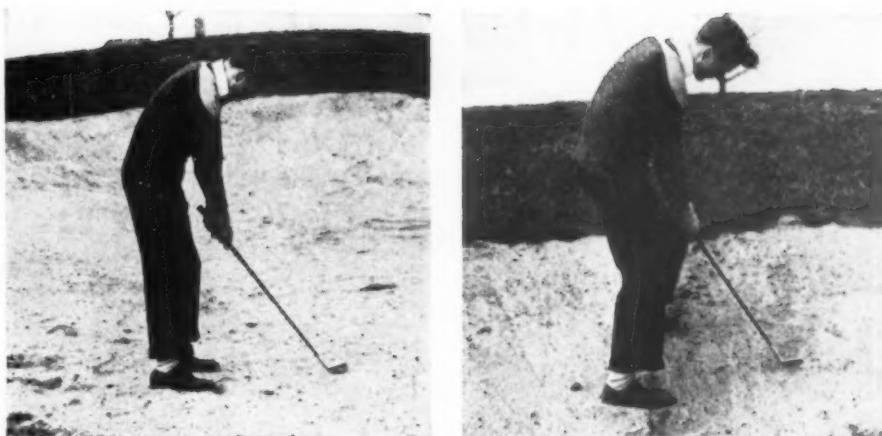
On uphill lies, it is advisable to stand closer to ball and use a low back swing.

yards long with the green set in a wood, which is guarded on the left and right front corners by high mounds and deep traps.

The player got away nicely with a 200 yard drive straight down the fairway. Intoxicated by his success, however, he lifted his head on the next shot and, as a result, topped his shot. One of the cardinal rules of golf is never take your eye off the ball before hitting it.

The player's third stroke came to rest on the side of the big mound or bunker that guards the green on the right. The player used a niblick, which was correct, but he played the stroke poorly. He picked the club up too sharply and dug in behind the ball. The experienced golfer would have used a flat stroke; or, in other words, followed the contour of the ground.

TWELFTH HOLE: While beautifully laid out, this is the second shortest hole on the course, being only 155 yards long. The tee is set deep



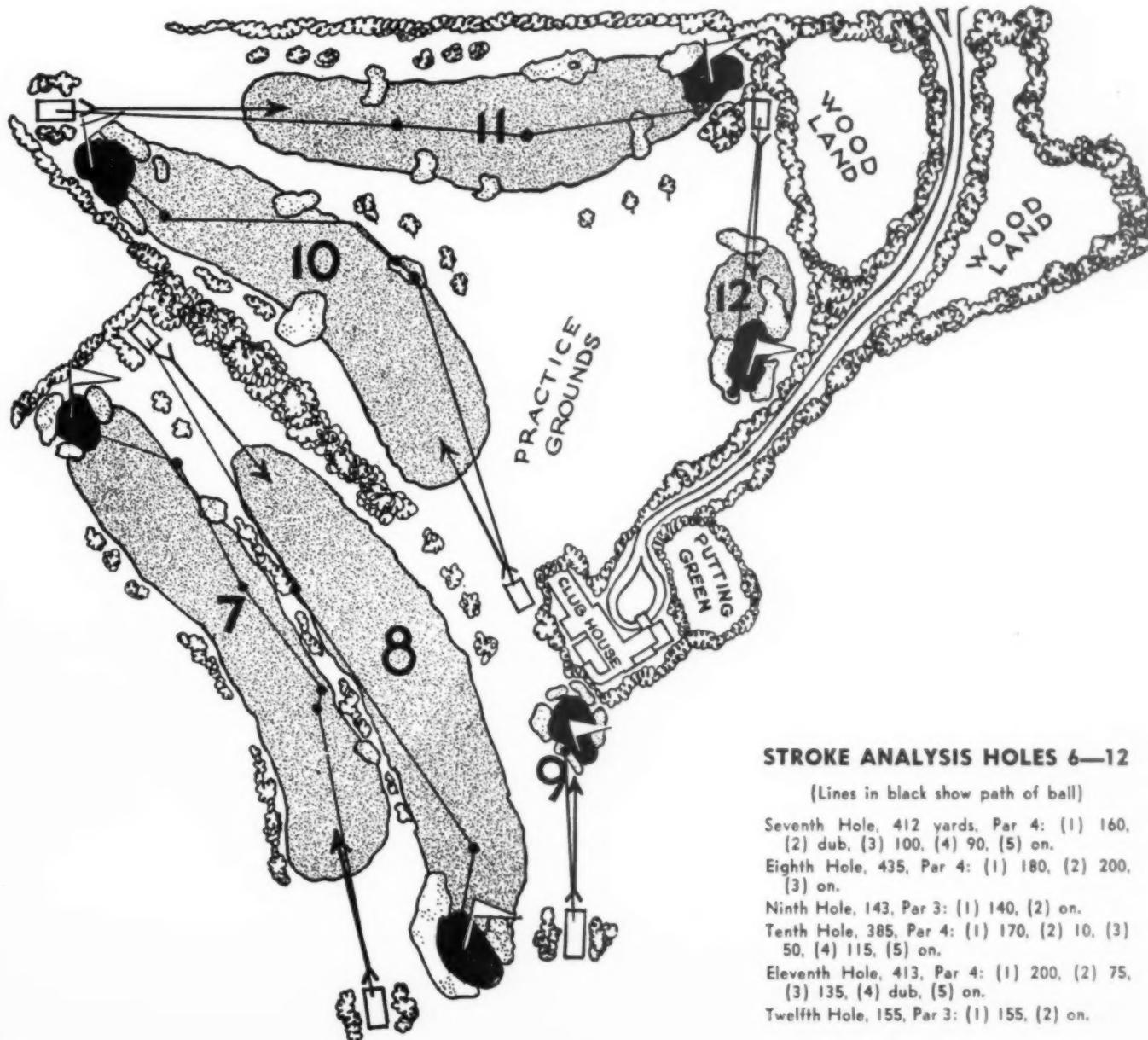
LEFT: The moral here is, never try for distance in traps with steep embankments. This player tried, failed to get a quick rise and wound up with a poor lie.

in the woods and the green is severely trapped, with traps around both sides and back. A deep trap and bunker about 20 yards in front of the green guards the approach.

For his tee shot, the player used a No. 4 iron. The ball was hit well but, to his dismay, it carried into

the trap at the back of the green. As on the eighth hole he had failed to take the wind into account which, this time, was directly in back of him. A more lofted club should thus have been used.

The final six holes of this round will be covered next month.



STROKE ANALYSIS HOLES 6-12

(Lines in black show path of ball)

Seventh Hole, 412 yards, Par 4: (1) 160, (2) dub, (3) 100, (4) 90, (5) on.

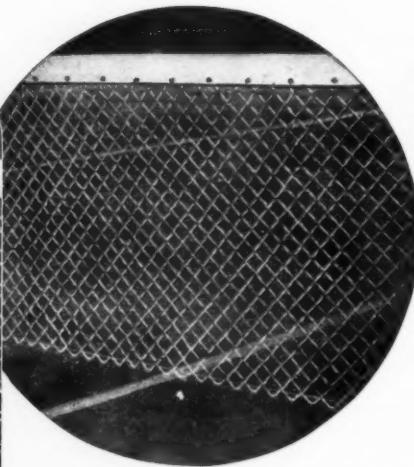
Eighth Hole, 435, Par 4: (1) 180, (2) 200, (3) on.

Ninth Hole, 143, Par 3: (1) 140, (2) on.

Tenth Hole, 385, Par 4: (1) 170, (2) 10, (3) 50, (4) 115, (5) on.

Eleventh Hole, 413, Par 4: (1) 200, (2) 75, (3) 135, (4) dub, (5) on.

Twelfth Hole, 155, Par 3: (1) 155, (2) on.



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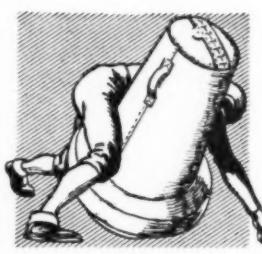
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**A Message to
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ATHLETIC DIRECTORS**

by

G. Herbert McCracken
Publisher of
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THIS year, more than ever, it is of the utmost importance to order your athletic equipment early. With hundreds of teams being formed among our expanding defense forces, the government is asking—and getting—the fullest cooperation of the sporting goods industry in equipping these athletes.

This creates a problem for the high school and college coach and athletic director. There may be a shortage of athletic supplies for *quick delivery* to schools. For this reason, now, more than ever, it will pay you to order early. Do not delay a single day longer than is absolutely necessary in ordering your equipment.

You may not know all the sizes of the helmets, jerseys, shoes, or pants you will need, but you should have most of this information by this time. You can at least place a partial order

so that the manufacturer can get under way.

The manufacture of modern equipment demands more in the way of time and workmanship than ever before. Not only do schools and colleges demand equipment that is serviceable but many insist upon unique designs and intricate color combinations. The best way of assuring yourself of superior merchandise and prompt delivery is by *ordering early*.

Remember, it is going to be a herculean task to fill the Army and Navy orders and to equip the school and college teams in time for their opening games. Don't run the risk of being caught unprepared. In this issue and the next issue of **SCHOLASTIC COACH**, various manufacturers will announce and display their 1941 line of football equipment. *Ordering early* is your guarantee of a quality job at a fair price with prompt delivery.



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TEAM GAMES FOR ALL

By Kent Pillsbury

Kent Pillsbury directs the physical education program at the Carl Curtis School of Physical Education in Los Angeles, Calif.

FAR too often the values of a perfectly sound sports activity are lost because the game as it stands is poorly adapted to the particular situation. Who, at one time or another, hasn't observed five or six boys trying to play a game intended for nine; or, conversely, twelve or thirteen boys cluttering up a field intended for only ten? Inactivity and unsatisfactory activity are the bane of every instructor's existence.

Physical education programs that would contribute to the complete education of the individual must be adapted to the local situation. Some of the factors which influence the local situation are facilities (including space and equipment), size of the class and instructional personnel.

Instructors should not hesitate to change the rules of a game if, by the change, enjoyment in the activity can be increased. Every game is the invention of someone, and the instructor may be able to improve upon it.

Following are a few variations of popular sports which may be played by special groups with all the gusto of the original games. The variations, while neither new nor the invention of the writer, are not widely known.

Cut-Throat Tennis: Three can play this game, each playing for himself against the other two. You may have seen this played on the handball court. Two men play the doubles court on one side, opposed by the third man in the singles area.

On completion of a game the players rotate. One of the doubles players goes over to the singles side while the singles man doubles up with the remaining player. On the next rotation the latter plays singles. As a rule the solo man should do all the serving.

The odd player defends only the singles part of his court; his opponents the doubles court. Otherwise the rules and playing procedure are as in the regular game. The score is kept individually, with only those games won by the singles player counted towards match victory.

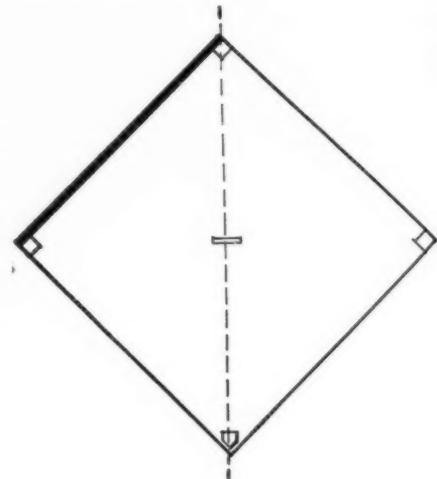
Tennis Handicap: The same utilization of the singles and doubles court can well be adopted for a form of handicap tennis. The better man plays the doubles court while his

less skilled adversary covers the singles court.

In another variation a skilled player covers the singles court against two less capable players in the doubles court.

Cut-Throat Handball is so well known that it needs little explanation here. As in the tennis variation the singles player does the serving and opposes the other two players. It should be remembered that only the server, who in every instance is the single player, can score points.

Volleyball Doubles calls for skillful execution of fundamentals coupled with a physical activity comparable to any of the more strenuous sports. As the title implies, four men play the game. They observe the regular rules.



Layout for Softball Adaptations

Over-the-Line Softball, a variation of regular softball, requires no more than six players, a ball and a bat.

An imaginary line from home plate through second base into center field, dissects the diamond into two giant triangles. The game is played in the left-field part or area. All balls batted into the other (right field) side are automatic outs.

Another line, which may be drawn or merely supposed, is drawn along the base line between second and third. This is the line from which the game derives its name. The team in the field, consisting of three men, line up with two in the outfield and one at short.

The team at bat provides the pitcher. Each batter attempts to drive the ball over the line between second and third in such a manner that it will fall uncaught in the triangular playing area.

The word "over" is used advisedly. The ball must be hit *on the fly* over the line. Grounders are out, as are caught fly balls, balls hit into the right-field area and batters who take three strikes.

The game may be scored in several ways. Each hit may count as a run with no base running involved, or each hit may be automatically counted as a single and the batter given the privilege of stretching it into a double, triple or homer by running the bases as in the regulation game. He may advance until the defensive team returns the ball back over the line.

Under this scoring method, all advancement on the bases must be forced. A runner who stretches a single into a triple must wait to be forced across the plate. He must wait until two singles fill the bases or until someone triples or homers him in.

For example, if the first man up doubles and the second man singles, the runner on second must hold his base, since he has not been forced. If the second man doubles, however, the runner may advance to third. On a triple he may score.

Thru-the-Line Softball: Should eight men be available, enough for four on a side—two outfielders, a shortstop and a third baseman—Thru-the-Line may be played. The game is the same as the former with one difference. In Thru-the-Line, ground balls count as hits when missed or bobbled by the infielders.

Hunch or One Basket Basketball: At the University of Oregon, home of the 1939 national collegiate basketball champions, this variation of the parent game is very popular. Anywhere from two to four men comprise a team. One basket is used and the regular code observed.

The first team scoring twenty-one or more points wins. After each basket the team scored upon puts the ball into play from the center-court boundary. All scores and all playing revolve around the one basket.

Circle or Free-for-All Wrestling: Eight or more boys may be arranged in a circle or in any manner which makes it clear that each is to attempt to pin the man on his right. The efforts of the boys on the right are purely defensive. Once a man is pinned, all wrestling ceases while he leaves the contest. The starting position is then resumed and each man's new opponent indicated.

A man on defense is not allowed to pin his offensive opponent. The defensive wrestler's main idea is to break loose. If he succeeds he charges over to the man on his right and assumes the offensive. The lat-



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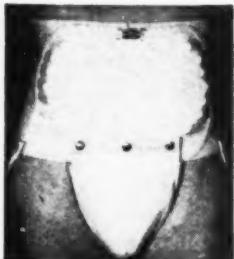


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ter, who had been wrestling on the offensive, then must assume the defensive position. His former defensive partner moves over to assume the offensive on the man on his right.

The spirit of the contest calls for each contestant to take the offensive and make every effort to pin his man. The winner is determined between the last two survivors.

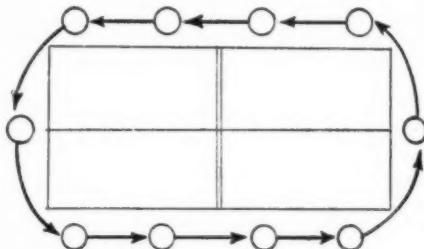
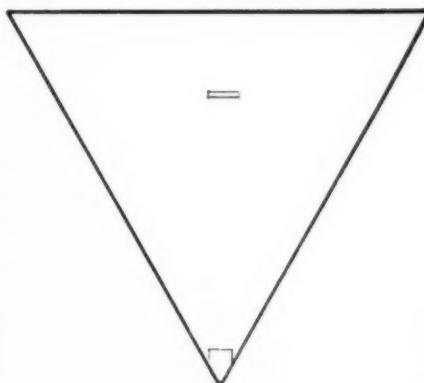


Table Tennis for Large Groups

Traveling Table Tennis: As many players as possible line up around the table with two, the starters, at either end. Each starter has a paddle. One of them starts the ball rolling by hitting it across the net. He then drops the paddle on the table and moves on. The next in line quickly picks up the paddle and returns the ball that has been hit back over the net. Like the first player he then drops the paddle and moves on.

This procedure is followed at both ends of the table. Thus a complete rotation is effected, each player hitting the ball once and moving on.

Players who miss the ball, net the return or knock the ball off the table drop out of competition. The winner is determined by a two-out-of-three point game between the last two survivors. The game moves fast, the players enjoy it and, most important of all, it is a fine combatant against spectatoritis.



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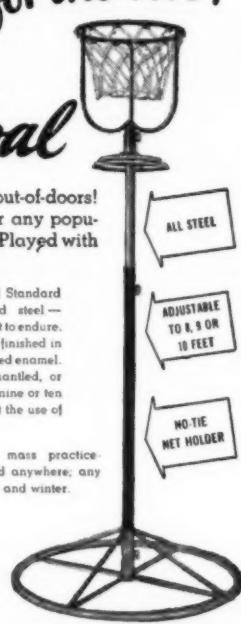
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DUNLOP

lateral triangle, and removing second base, he reduced the angle from which a batter may hit safely from 90 to 60 degrees. As a result only six players are required to man the strategic positions.

First and third bases are each moved in 15 degrees and together with the fact that there is no second base, keeps the territory each player has to cover approximately the same as in regulation baseball.

The game can be played under the standard baseball or softball rules. The distances between bases and the pitcher's box and home plate remain the same—90 feet and 60 1/2 feet for baseball and 60 feet and 43 feet for softball.

Volleying

(Continued from page 20)

possible, the shoulder and hip should aid in the stroke.

With the exception of the lob, balls met at the net should be blocked, not stroked. The block may be sharp, severe or slight as the situation warrants. One can readily see that at the net, the action is too fast to permit a full, orthodox stroke. The block volley, with its short deceptive movement, solves the problem.

Illus. 3 outlines a few concerns of the attacker in regard to position. In the area marked L, his main concern will be an opponent's lob. In M, he will usually encounter low volleys and drives in the alleys marked O. In N he is prey to sharp angles and down-the-line drives, but is well protected against the dangerous lob.

When his approach shot has forced his opponent wide, the attacker should cover more to that side. He should not go in on drives he hits from behind his baseline. Preferably he should wait for his opponent to feed him a short ball. Once he heads for the net, he should go in swiftly all the way; otherwise he will be caught too far back and will be forced to make a difficult volley close to the ground, or a half volley.

To summarize this analysis: the advance to the net should follow a deep forcing drive that will necessitate a defensive retrieve. Better stroking angles may be obtained by moving close to the net. Returns from this position should be made as decisively as possible.

In coping with shoestring volleys, keep the body below and to the rear of the ball. Block, do not stroke, net returns.

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The Sea Squirt

(Continued from page 16)

tained, the individual acquires a preparedness for activity and a relative freedom from fatigue; that is, some degree of good health.

B. *Development.* Just how far should one strive to develop the inherited capacities of his body? Most of us are interested in physical fitness insofar as it helps us avoid illness and postpone death. The ideal goal is a stage of physical fitness where you can accomplish each day's work with a minimum of fatigue and, unlike the Sea Squirt, to remain active to a good old age.

Some individuals may have to train for heavy physical labor and others for light sedentary work. In either case, life must be so ordered that the body maintains a normal vitality. If it is not so ordered, the body becomes unhealthy. A low degree of fitness is dangerous as it leaves no margin of safety for emergencies.

C. *Sign-posts of Health.* What are the sign-posts of health and efficiency? The first is the chemical processes of the body. They should

proceed in a rapid, orderly and economical manner. This means that digestion should not be delayed, the absorbed food should be quickly utilized in building and repairing tissues or in yielding energy, the oxygen supply should be adequate for the demands of periods of work as well as rest, and the elimination of waste products should be prompt and complete.

The second sign-post is the structure, quality and power of the organs. These should be adequate to the body's needs. The muscles should possess size, toughness and power sufficient for both ordinary and extraordinary demands. The heart should be able to resist high-blood pressure and to circulate an adequate supply of blood. The blood vessels should be able to carry this blood to and from all of the tissues.

The third is the accurate and delicate response by the organs of special sense. These are the organs of sight, hearing, smell, taste, touch, temperature discrimination, and balance.

The fourth sign-post is the skillful working of the central nervous system which controls our memory, judgment, volition and learning.

D. *Exercise as an aid to health and fitness.* Every avenue which helps bring and keep the body in a state of health should be explored. Such aids are to be found in the proper selection of diet, rest and exercise.

It is a matter of general knowledge that practice makes the performance of work easier. Training makes possible prolonged and sustained effort. A man in poor physical shape is easily exhausted by mental and physical exertion; he is often irritable, inclined to pessimism and invariably complains of constipation, headaches, nervousness, or insomnia.

On the other hand the man in first class physical condition shows evidence of mental and bodily vigor, such as alertness, cheerfulness, ruddy complexion, and capacity for arduous mental and physical work. It is believed that these signs are but the outward manifestations of physiological differences within the body.

Next month the author will present comprehensive lecture notes on how to spend a healthful summer vacation.



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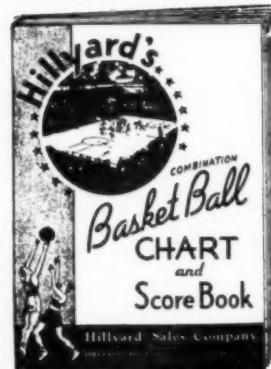


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Playing the Bases

(Continued from page 12)

When the throw is to the right-field side of the base, the shortstop hits the bag with his right foot. On balls over the bag he steps directly toward first with the left foot, dragging his right toe over the base as he throws—providing the incoming runner is late reaching the base. Otherwise—when the runner may interfere with the throw—he steps to the outside of the bag and throws at the same time.

Another important play around the keystone sack involving good footwork is covering the base on attempted steals. I like my defensive player (either the shortstop or second baseman) to take a stance in front of the bag with both feet pointing towards the catcher.

Some coaches look unfavorably upon this position. Their argument is that the runner can slide away from the fielder. I contend that few high school and college players can slide that well. Young players who straddle second or who have the bag between their feet seldom know, on bad throws, how to shift out of the way of incoming runners.

I would rather suffer a stolen base than a serious spike injury.

Standing in front of the sack, the baseman can more easily handle the throw, especially short throws and pegs to the right or left of the bag. I haven't had a spike injury on attempted steals of second in five years of college coaching. (Knock wood.)

Third base

Going to third base the importance of footwork in no way diminishes. As the guardian of the "hot corner" the third baseman must know exactly how to manipulate his feet on throws from the infield, outfield and the catcher.

On throws from the infield and outfield, my third baseman plants his feet firmly on either side of the bag, leaving a corner open for the runner. On pick-off pegs from the catcher, he takes up on the inside of the base; thus giving the catcher a target and reducing the danger of the throw hitting the runner.

In closing I would like to point out that there is still a diversity of opinion on certain plays and methods of execution. The illustrations represent the methods that have given me the most satisfactory results at Seton Hall. In my opinion they are the most easily adaptable to high school and college ball.

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BASKETBALL RULES CHANGES

Comments by H. V. Porter

FROM the actions passed by the National Basketball Committee at its annual meeting in Kansas City on March 30 and 31, it appears that the 1941-42 brand of ball will be essentially the same as last season's.

Only one major change was drafted into the code. The three-second rule was changed to apply only to the foul lane between the end line and the free-throw line. This will have the effect of freeing the outer half of the foul circle to unrestricted use of a post operative. Heretofore the player could deploy in this area for any length of time without the ball, but once in possession had to move or pass out within three seconds.

The Committee also recommended universal use of the molded ball, the smaller fan-shaped backboard and a court with end lines four feet behind the banks. All this will be considered standard equipment. However, where these streamlined improvements are unfeasible at present, the old equipage will still be considered legal.

This is in keeping with the Committee's efforts to keep pace with modern trends. Several years ago a long range program was adopted. Its purpose was to improve the code by eliminating inconsistencies and disputed sections and also to encourage the maximum use of the floor instead of only small areas directly in front of each basket.

This program has involved experimentation and investigation by many hundreds of progressive coaches and contest managers. Desirable improvements were thus made possible. Such improvements

included the gradual recodification of the rules, the perfection of a better-type ball, introduction and wider use of the four-foot end area, better basket construction and a more desirable type of backboard through the elimination of waste space on the larger rectangular board.

These improvements have not been instituted without criticism and objection. Recently, for example, a small group of men came out strongly for the elimination of the molded ball and the fan-shaped board. The Committee was astonished. The facts are that the molded ball has come into such wide favor that the stitched-panel ball is now almost obsolete.

The same thing holds true of the smaller backboard. There seems no question that it will ultimately replace the larger, rectangular bank. Nearly all the numerous state tournaments which used the fan-shaped bank this season reported favorably on it.

The major changes in the 1941-42 code follow:

Court Diagram. The court diagram will be modified in such a way as to show that the official backboard does not extend the entire width of the lane; i.e., the new bank is only 54 inches wide.

Backboards (Rule 2-1 and 2). These sections will be rewritten to make it clear that the official backboard is the fan-shaped board with dimensions as shown in the diagram which appeared at the end of the rules last year and which will be included in the 1941-2 code. A note will state that the traditional 6-by-4 rectangular board is also legal but that the Committee urges transition to the smaller backboard as rapidly as possible.

Baskets (Rule 3). Comments in the supplementary section or in an open letter from the secretary's office will state that the Committee favors development of a standardized method of attaching basket to backboard. Certain specifications relative to such attachments will be drawn up and supplied on request to anyone who has a legitimate interest in the matter.

Ball (Rule 4-1). A second note will be added to this section stating the attitude of the Committee toward a standard-type ball. It will be made clear that the use of the balls which are molded in or on a spherical shell and which have the cover panels attached without the use of stitched seams are recommended and that standardization will be brought about through ultimate approval of only such balls.

Substitutions (Rule 5-3). This section will be modified in such a way as to permit a substitution any time the ball is dead, including the period following a field goal.

Out-of-Bounds (Rule 7-2). This section will be reworded to clear up a number of disputed points relative to out-of-bounds situations. Part of this section will be moved to Rule 10 since it is more closely related to items in that rule.

Playing Terms (Rule 7-14, 15, 16 and 18). These definitions will be reworded to make them consistent with other sections of this rule and to clarify several disputable points.

Center Jump (Rule 8-5). A new paragraph will be added to this section to make it clear that a center jump follows certain situations where fouls are committed by both teams but which do not constitute a double foul.

Ball in Play (Rule 13-6). When a foul is followed by another foul by the same team before the watch is started after the first, the throws are to be awarded in the order in which the fouls were committed. If the last is a technical foul, the ball is awarded to the free-throwing team out of bounds at mid-court after the last throw.

Double Dribble (Rule 14-9). The note requiring a double-dribbler to pass the ball to the nearer official will be removed and the situation will be covered in a new note which will make it necessary for any player in possession after a violation to pass the ball to the nearer official.

Three - Second Rule (Rule 14-11). The three-second rule will apply only to the lane area between the free-throw line and the end line. The note will also be reworded to show that the restriction does not apply while the ball is dead.

Fouls (Rule 15-A, B and C). These three divisions will be replaced by two divisions so that fouls committed by coaches or assistants will come under the head of "Technical Fouls" instead of as a separate group of infractions.

Rule 15-12-Penalty (c). will be reworded to cover a number of situations where two or more players commit infractions at the same time.

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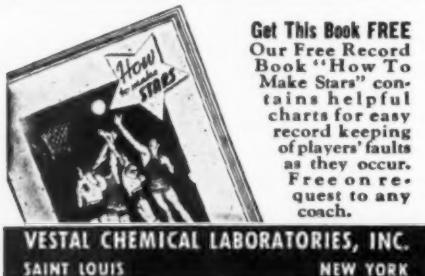
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DEVELOPING TEAM SPIRIT

By W. Harold O'Connor

W. Harold O'Connor of Burrillville High School in Harrisville, R. I., has coached cross-country, track and baseball for sixteen years. He has also served as president of his state's track coaches' association and has been an officer in both the baseball and basketball associations. In his article he expounds a number of ways of stimulating interest and developing team spirit in track.

STIMULATING interest in track is a formidable task but not beyond the scope of the average coach. A little ingenuity, high-pressure salesmanship and an understanding of adolescent psychology can be parlayed into a large and enthusiastic track team.

The first step, of course, is the stimulation of interest among the student body. Without this interest, little can be accomplished.

One of the easiest methods of arousing potential candidates is through advertising. With the co-operation of the school's art department, the coach may literally plaster the school with attractive posters. As an incentive to the student artists, prizes may be awarded for the best poster and the snappiest slogan.

Additional publicity may be obtained through articles in the school and town papers, talks at the school assemblies and mimeographed hand bills and posters. Whenever possible prominent athletes may be invited to address the students. The coach himself should take the stump in the physical education classes, urging every able-bodied boy to come out.

There is strength in numbers. Make that lesson pay dividends. Get every boy on the squad to interest one other boy in coming out. Make a personal appeal to any boy who looks like prospective track timber. This isn't a novel suggestion, but it's surprising how many coaches fail to do this.

Big, husky boys are seldom interested in going out for track unless they are approached personally. Once they can be persuaded to report, their attention may be attracted to some heretofore untried field event. The weights, for example, are ideally adapted for well-developed boys. With time they may develop a real pride in tossing weights in which smaller boys are handicapped.

Thus it pays to go after the boys yourself. Don't uncover a good prospect as he is about to graduate. That smooth-striding miler you've been hoping for may be the tall,

scrawny freshman you're looking at today. Be sure to corral him in his first year.

Once a good representation has been obtained, the next step is to sustain interest. In this respect many coaches fall down. How many men have had as many as 40 or 50 candidates report for the first call, and then seen the squad dwindle to a mere handful by mid-season?

When properly motivated and encouraged, few boys will desert. The secret lies in offering each boy a chance of success. Coaches who overmatch their teams in dual meets or who enter their boys in too many of the larger meets, should expect wholesale desertions. Boys become discouraged when they continually fail to place, and against squads three or four times the size of your own, they rarely will.

The best spiritual tonic is a chance for victory. Hence, arrange a schedule commensurate with the ability of the boys. Provide them with competition in their own class, so that every runner and field man will have a reasonable chance to place.

If you can secure classification of teams in your state meet, you've made a good start.

Coaching psychology

Once the squad has been assembled, it is good psychology to flatter their ego. Try to find something nice to say about everybody. They'll soon become discouraged if you don't. If a boy has no more than a reasonably good arm carry or a passable stride, stress the point. Tell your veterans to talk to him about it. Sell your stars the idea that their encouragement is what builds up a genuine *esprit de corps*.

If you can convince your veterans of that, you are helping them as well as the team. Team spirit is as valuable in track as it is in football or basketball, but unfortunately is rarer to find.

After a week or two of high-pressure salesmanship, you may count on your rookies to stick. Real work on fundamentals may then be started. Begin straightening out flaws as you detect them.

It's a good idea to set a reasonable goal for each candidate every week of the season. If a boy can high jump five feet three inches, for example, have him strive for five feet four and a half inches at the

next meet. After the new mark is achieved, set the goal an inch farther ahead. A team chart may be posted on the bulletin board so that they all can make note of their progress.

At first the upward curve will be great, then it will get shorter and shorter until the danger point is reached. Not only will the boy find himself not making any progress but he will find that he is actually going down the scale.

At this point he may succumb to that down-in-the-mouth feeling, and begin thinking of quitting this disheartening business. The coach should then step in and explain to the boy that the slump is but a transient phase of his development and is a natural phenomenon in all athletics. In time the chart will again show a distinct upward rise.

Meanwhile keep stressing the team angle. Get you boys interested in each other. Relays are excellent to put across the team angle. If you have three milers, this is the time to start them thinking of their possibilities as a relay team. Have them contribute to each other's development by pacing one another.

It is a good idea to work your shot putters also as a team. When they're trying for distance, encourage them to keep team totals of their marks. Once you get them all interested in trying to improve their composite score, not one but all of them will improve.

Do the same with your javelin and discus throwers. Show your milers how by working together they may win not one place but two.

What results can you expect of this emphasis on team spirit? Well, your boys may not break records; they may not even beat your big rival, but they certainly will be a track team.

Suggestions

Following are a number of further suggestions on how to stimulate interest in track:

1. Supply the boys with the best type of equipment possible.
2. Post on the bulletin board all pictures, clippings and records on track. (A list of all the accepted high school, college and world's records will be found on page 18 in last month's *Scholastic Coach*). Post state and school records as well.
3. Whenever possible take the boys to the big track meets.
4. Put the school's varsity letter within reach of the majority of boys.
5. Show movies of the stars in action.

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NATIONAL HIGH SCHOOL BASKETBALL ROUND-UP

South Dakota

Walz time

IN TWO well-played, well-attended tournaments, Washington High of Sioux Falls won the Class A title of the Coyote State and Alcester, a decided dark horse, the B crown.

Alcester, not highly rated before the tournament, was a team of gamesters. In each of their three games, they had to come from behind to win. Once in the lead they never could be headed.

Walz of Ipswich, the defeated finalists, was the most prolific scorer in the tournament. He sank 20, 17 and 24 points in his three games, hanging up his largest batch in a losing cause.

Washington High's Warriors lifted the A diadem rather easily, trimming Mitchell, 1940 champions, 25-19, and Rapid City, 32-24, in the finals.

Sagen of Rapid City led the A scorers with 22 points, 13 of which he sank in the championship game.

R. M. WALSETH

Illinois

Close shaves mark finals

DISPLAYING the same cool but brilliant brand of ball which had taken it through regional, sectional and quarter-final competition, Morton High of Cicero annexed the championship of Illinois in the most closely contested state final tourney in its history.

As the final four made their way to Champaign the question on everybody's lips was, "Can any team beat Centralia?" It seemed hardly possible that the remarkable Eddleman and his teammates could be stopped. But Morton put on the crusher right off the bat. During the first half of the semi-final Centralia was almost completely smothered, being unable to connect for a field goal until Eddleman dropped one in with only 20 seconds left to play.

The Morton defense functioned almost perfectly while the offense clicked off beautifully executed plays which at times completely baffled Centralia. During the second half Centralia's offense started asserting itself as Eddleman broke through for five field goals. A final desperate Centralia rally fell short by one point and Morton walked off the floor a 30-29 winner.

In the second semi-final game Urbana, with big Fred Green controlling the rebounds at both baskets, was extended to the limit to eke out a 39-38 overtime victory over Canton. In the overtime Connor of Canton scored a free throw to put his team in the lead. But with 15 seconds re-

maining Nelson of Urbana flipped in the winning basket.

The 7200 persons who packed the Huff gymnasium for the final saw the two centers, Green and Leitner, match height and skill until the former was banished in the fourth quarter on four personals. Throughout the first half the teams battled on even terms. In the third quarter Urbana assumed what looked like an insuperable lead. But after Green was banished midway in the final period Morton rallied and went on to win, 32-31.

—The Illinois Interscholastic

Colorado

If at first you don't succeed

FORT COLLINS, after being turned back nine times in their bid for a Colorado state championship, finally hit the jackpot this year, capturing the title by drubbing Longmont, 27-14.

Both finalists relied on man-to-man defenses, with Longmont a bit more aggressive in ball rustling. Both also displayed conservative brands of offense. Longmont, lacking an aggressive pivot man, employed a double post exclusively, breaking their aggressive guards around on intricate screen plays.

Fort Collins, with a six-foot-five all-state center, Ed Sholine, had a real pivotal threat, and made the most of him. A great rebounder, he also was sure death on pivot shots.

It was interesting to note the different types of tactics that were employed in an effort to bottle him up. In the final game Longmont, playing against him for the third time, put an extra guard on him whenever he got the ball. They picked out the weakest Fort Collins player, Speas, a guard, and had the man covering him shift off to Sholine whenever the ball was passed in.

It was good strategy, because Sholine was smothered; but the strategy back-fired when Sholine, sensing the setup, began sucking in the defense, then passing back to Speas for short pot shots. The latter sank four goals in the second half to sew up the game.

It was interesting to observe, also, that every leading team used a deliberate, slow-breaking offense whenever possible, breaking fast only when the defense elected to harass them down the court. Another point of interest was the increased aggressiveness of defensive play and bodily contact, especially near the basket.

The smaller schools also presented a variety of tactics. They showed a decided preference for zone defense and a modified fast break. Edgewater, the Class B winner, however, employed a shifting man-to-man defense

that effectively stifled every offense they encountered.

In the final game Las Animas, a tall, rugged quintet, employing a zone that had baffled all previous opponents, couldn't plug up the holes against smooth, sharpshooting Edgewater and lost out 27-13. Both teams attacked deliberately.

R. W. TRUSCOTT

Nebraska

Dark horses in a romp

STATE tournament doppers had a field day in reverse when it came to picking winners in the 1941 Nebraska championships. Upsets began in the first round and continued throughout the tournament much to the discomfort of the "experts." Because of this uncertainty, the championships in all three classes were packed with thrills from start to finish.

In Class C play the high-scoring Thayer team climaxed an undefeated season with a 36-26 win over Weston in the finals. Clyde Ehlers, the giant Thayer center, garnered five field goals and three free throws, to lead the scorers.

In Class B, St. Francis of Humphrey refused to be misled by the "dope" and came through for their first state championship, defeating powerful Harvard 32-28.

While there were numerous upsets in Class B and C, it was in Class A that least respect was shown for pre-tournament predictions. Although Scottsbluff, the first team from the pan-handle section of the state ever to win an A crown, came to the tournament with a record of 22 straight wins and a scoring average of nearly 50 points a game, they were treated coolly by the experts because of their inferior schedule.

They got off to a shaky start against the strong Albion team, but rallied during the second half to score a fine 32-23 victory. They trounced Fairbury next 35-17, and then Omaha Central, 39-32, in probably the best game of the tournament. In the finals they raced away from Fremont, the real surprise of the tournament, 40-23.

O. L. WEBB

Iowa

Girls attract record crowds

AFTER battling its way through a field of 540 contenders in three tournaments, Numa High captured the Hawkeye state girls' championship by downing Mallard, 43-39, in the final before 6200 paid admissions.

In Mildred Zunich, Margaret Rowan and Eva Tometich, Numa presented a front line which could all play the pivot and shoot off either hand. On defense the forwards and guards (Continued on page 44)

Install It Now!



THE FINEST FAN SHAPED ALL STEEL BASKET BALL BANK

BANKS \$18. EACH
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GOALS \$9. PER PAIR
Delivered

Prices slightly higher in
western states and Fla.

- ✓ LEGALIZED BY NATIONAL BASKETBALL COMMITTEE
- ✓ OFFICIAL, ALL-STEEL CONSTRUCTION
- ✓ EASILY INSTALLED AS A CHANGE-OVER

THE ONLY BANK WITH ALL THESE CONSTRUCTION FEATURES

THE PORTER-MADE BANK IS ALL-STEEL



REAR VIEW showing the sturdy SOLID STEEL bracing and attachment plates.



SIDE VIEW showing the smooth one-piece face formed from a single sheet of steel.

The New Goal!
It attaches behind the bank. The supporting arms are die-formed to curve inward slightly in compliance with the official rules.

THE NEW BANK HAS ONLY 43% OF THE AREA OF THE OLD BANK.

Old-Type Bank 24 Sq. Ft.

New-Type Bank 10.3 Sq. Ft.

A smaller target of different shape, the new bank will "muddle" many team unfamiliar with it. It completely "junks" the game as played with the old rectangular banks.

Don't handicap your own team—and earn the disfavor of other coaches—by maintaining your old-style basketball banks. The N. B. C. has specified the new banks. Your team needs them for faster, winning play. And when you make the change-over, install the finest . . . Porter-made Fan Shaped All Steel Banks. Porter-made banks meet every official specification. They are inexpensive, and we allow freight on every one shipped. The new bank requires a new technique. And teams winning laurels this year will be master of the new kind of game. Write for literature.

Mfrs. of the famous "Louden," "Chicago," and "Spalding" lines of Gymnasium, Playground and Swimming Pool Equipment; and of "Jungle Gym" Climbing Structures.

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THE J. E. PORTER
CORPORATION OTTAWA ILLINOIS

FOOTBALL COACHES!

After a season of pro coaching and scouting for several of the leading college teams, Coach Chuck McGuinness has this Complete Advisory Service to offer you:

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- Complete reports on such college teams as Boston College, Fordham, Columbia.
- Plays of the nationally-famous Marblehead High School teams.
- Your personal Offensive and Defensive systems analyzed.
- Coach McGuinness' plays from single and double wingback.

Bend only \$2 to

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180 BROADWAY NEW YORK, N. Y.

PLAY SAFE WITH SAFEBAT

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RUBBER COVERED SOFTBALL BAT

SAFE DURABLE NOISELESS
POPULAR

Write for Information

SAFEBAT COMPANY
CASTILE, NEW YORK



ATTEND A COACHING SCHOOL THIS SUMMER

1 CALIFORNIA'S WORKSHOP—Monterey, Calif. Aug. 14-22. H. R. Youngman, director. Staff: Buck Shaw, Sam Barry, Harry Wolter, Brutus Hamilton, Chuck Keeny, others. Courses in all sports. Tuition, \$10. For further details see advertisement on page 44.

2 COLORADO H. S. COACHES ASSN.—Denver, Colo. Aug. 18-23. N. C. Morris, director. Football: Tad Wieman, Dana X. Bible, Eddie Anderson. Basketball: Vadal Peterson. Tuition, \$10. For further details see advertisement on page 46.

3 DAYTONA BEACH—Daytona Beach, Fla. Aug. 18-23. G. R. Trogdon, director. Football: Frank Leahy, Bo McMillin, Tom Lieb, Moon Mullins, Jack McDowell. Basketball: Adolph Rupp. Tuition \$15. For further details see advertisement on page 45.

4 DUKE UNIVERSITY—Durham, N. C. July 21-26. Wallace Wade, director. Courses by Varsity Coaching Staff, including Wallace Wade, Jack Coombs and others. Tuition, \$10. For further details see advertisement on page 45.

5 EASTERN COACHING CLINIC—Brooklyn, N. Y. Aug. 18-24. Clair Bee, director. Basketball: Clair Bee, Dave McMillan, Chick Davies, John Lawther, Frank Keaney, H. C. "Red" Carlson, Ed Kelleher, Paul Mooney, Pat Kennedy. Football: Dick Harlow, Jock Sutherland, Hooks Mylin. Tuition, \$15 all courses; \$10 basketball or football only. For further details see advertisement on page 43.

6 EASTERN PA. FOOTBALL—Pottsville, Pa. June 16-20. T. T. Allen, director. Staff: Paul Brown, Ray Morrison, John DaGrosa. For further details see advertisement in April issue.

7 INDIANA BASKETBALL—Logansport, Ind. Aug. 18-22. Cliff Wells, director. Staff: Bud Foster, Arthur L. Trout, E. N. Case, Chuck Taylor. For further details see advertisement on page 44.

8 MID-WEST COACHING SCHOOL—Saginaw, Mich. Aug. 11-15. Maurice M. Guy, director. Football: Fritz Crisler, Danny Fortmann. Basketball: Harold Anderson, Buck Read, Jim Barclay. Tuition, \$10. For further details see advertisement on page 47.

9 NORTH CAROLINA UNIVERSITY—Chapel Hill, N. C. Aug. 18-30. R. A. Fetzer. Courses by Varsity Coaching Staff, including Raymond "Bear" Wolf, John Vaught, Bunn Hearn, Bob Fetzer, and others. Tuition, \$10. For further details see advertisement on page 46.

10 NORTHWESTERN UNIVERSITY—Evanston, Ill. Aug. 18-30. K. L. Wilson, director. Football: Lynn Waldorf, Fritz Crisler. Basketball: Bud Foster, Dutch Lonborg. Tuition, \$25. For further details see advertisement on page 44.

11 PENN STATE COLLEGE—State College, Pa. Inter-Session, June 10-27; Main Session, June 30-Aug. 8; Post Session, Aug. 11-29. Dr. Lloyd M. Jones, director. Courses on All Sports and Physical Educa-

tion by Varsity Staff, including Bob Higgins, John Lawther, Bill Jeffrey, Eugene Wetstone, and others. For further details see advertisement on page 40.

12 TENNESSEE H. S. COACHES ASSN.—Johnson City, Tenn. Aug. 11-16. W. G. Siler, director. Football: Harry Mehre, Frank Howard. Basketball: John Mauer, Paul Hinkle. Guest Speakers: Major Neyland, Red Sanders, Doc Newton. Tuition, \$10. For further details see advertisement on page 47.

13 UNIVERSITY OF KENTUCKY—Lexington, Ky. Aug. 11-16. M. E. Potter, director. Football: Frank Leahy, Ab Kirwan, Bernie Shively. Basketball: Adolph Rupp. Tuition, \$5. For further details see advertisement in April issue.

14 UTAH STATE AGRIC. COLLEGE—Logan, Utah. June 9-13. E. L. "Dick" Romney, director. Football: Clark Shaughnessy. Basketball: Forrest B. Cox. For further details see advertisement in April issue.

15 WEST VIRGINIA UNIVERSITY—Morgantown, W. Va. July 28-Aug. 2. Alden W. Thompson, director. Football: Fritz Crisler, Bill Kern, Hooks Mylin. Basketball: Clair Bee. Tuition, \$10. For further details see advertisement on page 46.

16 WILLIAM AND MARY—Williamsburg, Va. July 28-Aug. 2. Carl Voyles, director. All Sports. Staff: Tad Wieman, Franklin C. Cappon and Varsity Coaching Staff of the College of William and Mary. For further details see advertisement on page 44.

Coaching School Directory

ATHLETIC TRAINING COURSE—New York, N. Y. June 16-Aug. 1. Dr. S. E. Bilik, director.

BUTLER UNIVERSITY — Indianapolis, Ind. Aug. 4-9. Paul D. Hinkle, director.

COLORADO ST. COACHING CONF.—Ft. Collins, Colo. Aug. 11-15. H. W. Hughes, director.

INDIANA UNIVERSITY — Bloomington, Ind. July 21-23. Z. G. Clevenger, director.

KANSAS COACHING SCHOOL — Topeka, Kan. Aug. 18-23. E. A. Thomas, director.

LAWRENCE TECH—Detroit, Mich. Aug. 11-15. Don Ridler, director.

LOUISIANA STATE U.—Baton Rouge, La. Aug. 4-9. B. S. Walker, director.

NAMPA COACHING SCHOOL — Sun Valley, Ida. Aug. 19-24. Harold White, director.

NEBRASKA COACHING SCHOOL — Lincoln, Neb. Aug. 18-21. Major L. M. Jones, director. Staff: Ralph Jones, W. H. Roselius, Football Staff of U. of Nebraska.

N. Y. HERALD-TRIBUNE—New York, N. Y. Aug. 25-29. Lou Little, director.

OHIO STATE UNIVERSITY — Columbus, O. June 23-Aug. 29. L. W. St. John, director. Staff: Paul Brown, Wesley Fesler.

OKLAHOMA COACHES CLINIC—Oklahoma City, Okla. Aug. 26-30. E. C. Hafer, director.

TEXAS H. S. BASKETBALL — Denton, Tex. June 23-27. H. G. Shands, director.

TEXAS H. S. FOOTBALL — Houston, Tex. Aug. 4-9. Bryan Schley, director.

SHORT COURSES FOR COACHES—College Station, Tex. Aug. 17-23. Homer Norton, director.

UNIVERSITY OF COLORADO — Boulder, Colo. June 16-July 18. Harry Carlson, director.

UNIVERSITY OF ILLINOIS (School of Physical Education)—Urbana, Ill. June 26-Aug. 9. S. C. Staley, director.

UNIVERSITY OF IOWA—Iowa City, Iowa. June 7—Aug. 1. E. G. Schroeder, director.

UNIVERSITY OF NORTH DAKOTA—Grand Forks, N. D. Aug. 18-23. C. A. West, director.

UNIVERSITY OF TENNESSEE — Knoxville, Tenn. June 9-July 16. A. W. Hobt, director.

UNIVERSITY OF WYOMING — Laramie, Wyo. July 29-Aug. 2. F. E. Davis, director.

WASHINGTON ST. COLLEGE — Pullman, Wash. June 23-Aug. 1. J. Fred Bohler, director.



Clair Bee

When making your vacation and coaching school plans for this summer — You can't afford to overlook the

Fourth Annual

EASTERN COACHING CLINIC MANHATTAN BEACH—BROOKLYN, N. Y.

August 18-24



Dave McMillan



Dr. H. C. Carlson



John Lawther

BASKETBALL STAFF

CLAIR BEE—L. I. U.

JOHN LAWther—Penn State

Dr. H. C. CARLSON—Pittsburgh

ED. KELLEHER—Fordham

NED IRISH—Director, Madison Square Garden

CHARLES "CHICK" DAVIES—Duquesne

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Long Island University's National Tournament Champions, and the University of Pittsburgh teams, will demonstrate.

BASKETBALL OFFICIATING

PAT KENNEDY—East. Intercoll. Officials Assoc.



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FOOTBALL STAFF

JOCK SUTHERLAND—Brooklyn "Dodgers" HOOKS MYLIN—Lafayette College

DICK HARLOW—Harvard University JOSEPH PIPAL—Occidental College

LOU LITTLE—Columbia University ARTHUR FRENCH—Harvard University

SIX-MAN FOOTBALL—KURT W. LENSER, Crane High School, Texas

SWIMMING—L. DE B. HANDLEY, Olympic Coach

TRAINING—S. J. PICARIELLO, L. I. U.; JOHN WILLIAMS, N. Y. U.

EXHIBITIONS—WILFRED HETZEL, World's Champ. Trick Shot Artist

Football Only \$10

TUITION
All Courses \$15

Basketball Only \$10

Day and night recreation and amusements—3 large beaches—9 swimming pools—hundreds of playing courts for every conceivable game and sport—name bands for afternoon concerts and night dancing—exhibitions—tournaments—contests—free to all clinic students and their families.

For further information write

CLAIR BEE, DIRECTOR OF RECREATION
MANHATTAN BEACH BROOKLYN, NEW YORK

ball down the floor fast, but preferred to attack with set plays. Hardin used a free-lance type of offense with its giant center playing near the basket for the rebounds.

Inez and St. Xavier, upon slowing down, deployed three in and two out and worked beautiful set plays around their pivot operatives. The outstanding individual player probably was Tommy Trimble, the dynamic Hardin forward, who scored a total of 69 points in his four games; better than 17 per game. Osborne, of Rhineyville, dropped 43 points in two games. Harmon, diminutive Inez forward, specialized in a peculiar one-hand jump shot which enabled him to shoot accurately even when closely guarded.

The new rules proved popular, generally, with the exception of the mid-period recess rule, which was usually ignored. The fan-shaped backboard was used in a few schools but it is not thought likely to replace the old board next year. The schools having the boards apparently liked them, but the visiting teams usually didn't cotton to them.

J. K. STONE

Ohio

Martins Ferry (boat) serenade

MARTINS FERRY, with a season's record of 23 and 2, annexed the Class A championship by defeating Lima Central, 33-32; Canton McKinley, 40-27; Xenia Central, 36-34; and Lakewood, 37-30.

Martins and Xenia put on the tournament's most thrilling game in the semi-finals. With the score tied 34-34, Groza, Martins' six-foot-two, 220-lb. center, and the tournament's outstanding player, drove in for a crisp shot as the final gun sounded and was fouled in the act of shooting. With 8192 fans howling about him, Groza stepped to the foul line and calmly dropped in the first free throw to clinch the decision. His mates mobbed him, but the officials pulled him back to the foul line where he converted the second charity toss as well.

Again in the final game it was Groza who sparked the champions to victory. Until midway in the final quarter, the score had been tied eight times and the lead had changed hands 14 times with neither team being able to pull away by more than three points. Then, led by Groza, who scored three baskets, Martins hung up five straight goals.

Martins Ferry was an excellently rounded team, with probably the best defense in the tournament—a close, all-court man-to-man—and an offense that was just as good, consisting of a combination of fast breaks and set plays.

In the B division Coach Nolan Swackhamer's Glenford team won in more or less of a waltz, defeating Smithfield, 51-41; Hicksville, 37-33; Xenia Soldiers and Sailors Home, 45-35; and Canfield, 48-28.

Glenford's Dick Shrider climaxed

Third Annual

DAYTONA BEACH COACHING SCHOOL

DAYTONA BEACH, FLORIDA, AUGUST 18-23

The Outstanding Coaching School of the South!

Presents

FOOTBALL & BASKETBALL

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Frank Leahy
Notre Dame University
Notre Dame Offense
Spread and T formations
Line play
Cotton Bowl 1940
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Use of the flanker
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Six man football
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TUITION—\$15.00 — ROOMS AND MEALS AT REASONABLE RATES

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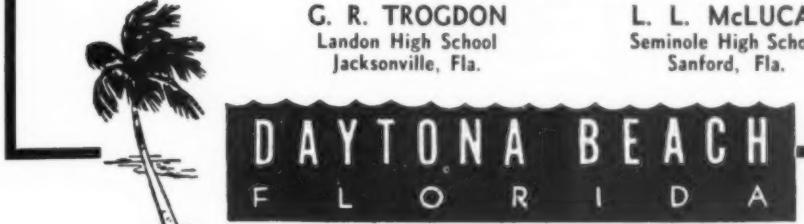
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ENTERTAINMENT ON THE WORLD'S FINEST BEACH

The School No Progressive Coach Should Miss

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G. R. TROGDON
Landon High School
Jacksonville, Fla.

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Seminole High School
Sanford, Fla.



Duke University Coaching School

JULY 21-26 INCLUSIVE

CONDUCTED BY THE VARSITY COACHING
STAFF OF DUKE UNIVERSITY

FOOTBALL★BASKETBALL★TRACK★TRAINING

Registration Fee: Ten dollars (\$10.00)

WALLACE WADE, Director

Durham, North Carolina

NORTH CAROLINA UNIVERSITY COACHING SCHOOL

August 22—August 30, 1941

The courses to be offered in the University of North Carolina's 20th annual coaching school include football, basketball, baseball, track and field, boxing, wrestling, and training and conditioning.

The school will be conducted under the direction of Robert A. Fetzer, director of athletics at the University of North Carolina. Instruction will be given by the members of the coaching staff of the University.

The staff of instructors will include: Director Fetzer, Raymond Wolf, John Vaught, W. F. Lange, P. H. Quinlan, Bunn Hearn, G. E. Shepard, M. Z. Ronman, M. D. Ranson, John W. Morris, J. M. Tatum, C. P. Erickson, and R. E. Jamerson.

The registration fee of ten dollars will cover tuition for all courses and dormitory room rent. No additional charge will be made for rooming accommodations for coaches' wives.

For illustrated announcement, address

**Secretary E. R. RANKIN
CHAPEL HILL, N. C.**

COLORADO COACHING SCHOOL

In The Cool Rockies

August 18th to 23rd

Sponsored by the

Colorado High School Coaches' Association
At The University of Denver, Denver, Colo.

SPORTS

Football Training Basketball Moving Pictures
Entertainment

FOOTBALL

All-star Game between picked teams of high school seniors coached by Tad Wieman and Dr. Anderson

LECTURERS

E. E. "Tad" Wieman, Princeton
D. X. Bible, Texas
Dr. Eddie Anderson, Iowa
Vadal Peterson, Utah
Frank Cramer

Climate and Facilities Unexcelled

TUITION \$10.00

For further information write

N. C. MORRIS
Denver University Stadium
Denver, Colorado

West Virginia University

1941

Summer Coaching School

JULY 28—AUGUST 2



H. O. CRISLER
Michigan



CLAIR BEE
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E. E. MYLIN
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West Virginia

HEADLINE COACHES

and a Well-Organized Program

Low Cost

TOTAL TUITION \$10.00

Fine living accommodations—Board and room in men's dorm at \$1.50 per day—Undergraduate credit—Demonstrations in all sports—Mimeographed course material—Complete program of latest sport movies—Social activities for the wives.

ALTOGETHER—A TOP-FLIGHT WEEK in beautiful country you ought to visit!

Also Basketball—Baseball—Boxing—Wrestling—Care of Equipment—Conditioning—Care of Injuries—Administration

REQUEST FOR FURTHER INFORMATION

To Alden W. Thompson, Dean, School of Physical Education and Athletics
WEST VIRGINIA UNIVERSITY, Morgantown, W. Va.

Please send complete information about the 1941 Coaching School to

SIGNATURE..... ADDRESS.....

one of the greatest basketball careers in Ohio scholastic annals. By scoring 17 points in the final game, he brought his tourney total to 79 points for four games, bettering by 11 the old record of 68 by Orlyn Roberts of the 1935 Waterloo Wonders.

Shrider boosted his 32-game total for the year to 807, an average of 25.2 points against the best Class B opposition in the Buckeye State. Coach Swackhamer depended mainly on his scoring threat for a defense, on the theory that an offense like Shrider constituted the best defense. In the final game, however, Genford unveiled a well-knit zone defense which forced Canfield to shoot from far out.

Both the Class A and B scoring records for a single game were broken; Dee Snelling of Newark with 27 points established a new mark for A competition, while Phillips of Cridersville with 33 tallies set a new standard for B teams.

KENT A. PFEIFFER

Oklahoma

Four Indians and Irishman win

WITH 666 out of 740 schools competing in the championship tournaments, high school basketball in Oklahoma enjoyed its biggest season in years. Spectator interest was greater in each of the three rounds of tournaments played. Holding the tournaments one week earlier, during the first week in March, and a more abundant supply of good teams were factors which contributed to this happy state of affairs.

The fan-shaped board was used in about one-third of the district meets, possibly half of the regionals and in the final tournament. The change did not seem to handicap the teams as no objections were voiced. Teams used the floor space back of the board more than ever, taking shots from angles that would have been impossible with the old bank.

The Class C title was annexed by the rangy Arnett Consolidated School team from Hollis, who drubbed Mason in the finals 40-26.

Four full-blooded Indians and a red-headed Irishman, representing Pawnee, walked off with the B crown. In the finals against Friendship Pawnee jumped off to a lead and worked up to a 16-9 advantage at half-time. At this juncture Sonny Pryor, Friendship's field general who had been kept out of several tournament games because of illness, was inserted for a few minutes. Friendship whittled at the lead and drew up to 20-22 at the end of the third quarter. Pawnee held on to their slim advantage in the final period and eked out the championship 30-29.

For the first time in years the Class A bracket was so evenly balanced that any one of the eight teams had a chance to win. The final game found Enid, with a splendid season's record, matched with Will Rogers, a new school playing its second year of basketball. After a nip-and-tuck battle Will Rogers captured the title 28-27.

LEE K. ANDERSON

Utah**Fan-shaped bank popular**

After "going to the well" thirteen times without tasting victory, Provo High finally lifted a state championship by defeating Davis County High of Kaysville, 21-10, in one of the lowest scoring games in tournament history. As the score indicates the championship game was largely a defensive battle, with both teams employing tight zone defenses and stressing possession on offense.

The tournament was the most successful yet sponsored. The new fan-shaped bank was enthusiastically received this season, most school districts adopting it at the beginning of the season. In many gyms the old rectangular shaped board obstructed the view at either end.

The new board has added to spectator interest and, in the writer's opinion, improved shooting technique and increased shooting angles from the four-foot zone behind the basket.

D. R. MITCHELL

Connecticut**S.R.O. at finals**

WINDHAM High of Willimantic emerged with the Class A crown in the most exciting tournament in years, beating Bristol in the finals 25-24. Manchester Trade School defeated Branford on the same night, 49-34, to annex the B title, while Ellsworth skinned Bloomfield 39-29 for its third straight C-D championship.

The caliber of play did not seem as high as in former years but the competition was keener than ever. Bristol assumed a 9-1 lead in the first three minutes but after Windham's Bob Scranton began popping 'em from outside Bristol's great zone defense, the game resolved into a dogfight. Neither team could pull more than a point away for the remainder of the game.

There was little to choose between the teams. The champions had a well-balanced team and played man-to-man defense. Bristol was an exceptionally well-coached, fine passing team which employed a fast break offense and an almost impregnable zone defense. In the New England championships they revenged their loss, defeating Windham in the semi-finals 36-34.

Attendance at the qualifying round of the Nutmeg tournament fell below average, due to inclement weather, but large crowds jammed the New Haven Arena for the quarter-finals. Four thousand fans were left outside the doors the night of the semi-finals, the police stopping the sale of tickets with 6,000 spectators packed tight on the inside.

The new rules were favorably accepted in Connecticut this year.

HUBERT J. CANNON

**THE IMPORTANCE OF
Footwork
IN ATHLETICS**

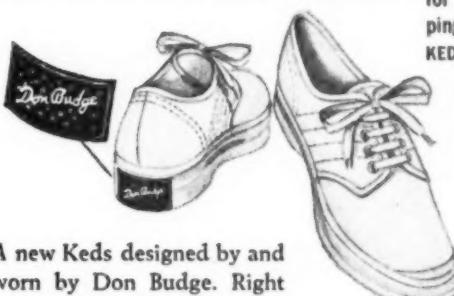


One of the things I'm touching on in my football book is how your boys can improve their footwork. Remember, this book is not being prepared for the varsity player—it is being prepared for young America, the future varsity players, to help them attain their ambitions. If you would like a copy, send your name and address to Keds Department CP, United States Rubber Company, Rockefeller Center, New York.

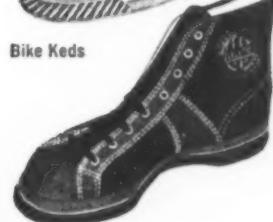
Frank Leahy

FREE



**NEW DON BUDGE SHOE**

A new Keds designed by and worn by Don Budge. Right for tennis and other court games. Like all Keds it is cool and lightweight. Look for the special Keds Don Budge label.



Lightweight, cool, and comfortable, Keds are the natural shoes for future varsity men for running, dodging, jumping, and stopping, to develop footwork. They are not KEDS unless the name KEDS is on the shoes.

For Better Footwork

Keds 
REG. U. S. PAT. OFF.
the Shoe of Champions

United States Rubber Company
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**Fourth Annual
TENNESSEE COACHING SCHOOL**
CONDUCTED BY THE TENNESSEE
HIGH SCHOOL COACHES ASSOCIATION
AT STATE TEACHERS COLLEGE
JOHNSON CITY TENNESSEE
AUGUST 11-16
AN OUTSTANDING COACHING STAFF
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HARRY MEHRE, OLE MISS
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Basketball
JOHN MAUER, TENN.
PAUL HINKLE, BUTLER
Demonstrations and All-Star Game
QUEST SPEAKERS: MAJOR NEYLAND,
RED SANDERS, DOC NEWTON
Tuition \$10.00 W. G. SILER, Director
High School, Morristown, Tenn.

Midwest Coaching School

AUGUST 11-15, 1941

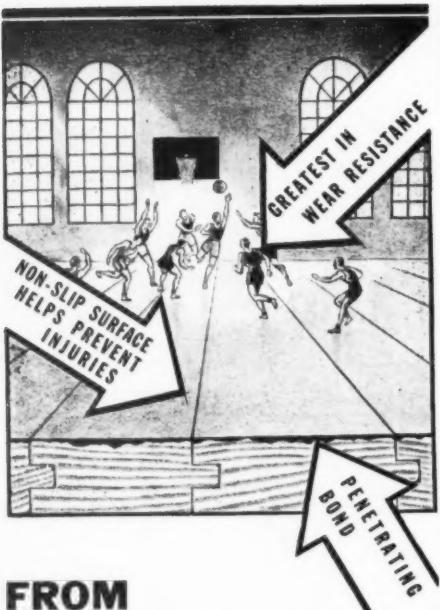
Saginaw, Michigan

FOOTBALL AND BASKETBALL

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Movies and Lectures on Famous T Formation
Harold Anderson, Toledo University
Herbert W. "Buck" Read, W.S.T.C.
Jim Barclay, Flint Northern

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CARE OF INJURED ATHLETES

By Floyd A. Rowe

This is the second and concluding installment of a series of two articles on the administrative problem connected with the care of injured high school athletes. The treatise is offered by Floyd A. Rowe, director supervisor of the bureau of physical welfare in Cleveland, and chairman of the National Basketball Committee, as a means of acquainting school men with certain procedures which have been successfully adopted by the seventeen schools belonging to the Senate League in Cleveland. Last month Mr. Rowe covered the availability, extent and financial responsibility of the medical service offered by the League.

NO PLAN for the care of injured athletes would be complete without a studied attempt to reduce the hazards of athletics. Sports, by their very nature, involve divers risks and hazards, and to remove them would be to desiccate the activities of their vital juices.

However, there are certain extraneous hazards whose presence does not add to the game. When overlooked or disregarded, they become an indictment of the organization sponsoring the activity.

Before delving into the broader aspects of the care of injuries, the writer would like to dwell briefly on a few of the ways in which these hazards may be eliminated. Since sufficient material is available on the dangers inherent in defective facilities, equipment and leadership, the discussion will be confined to those hazards dealing with the skill and condition of the athlete.

Probably the first and most important consideration is coordination. From experience we know that the more awkward boy usually is the most frequently injured. Having poor control of his body, he seldom learns how to fall, relax or take a blow. In close quarters he becomes a menace to the other boys as well.

While noticeable at certain stages of every individual's development, awkwardness may also be a permanent affliction. We all know people who have always been awkward, who are always in the way and who, in activities calling for any semblance of grace, deport themselves like "bulls in a china shop."

For this reason the awkward or poorly-coordinated boy should be discouraged from participation in highly competitive forms of activity. Until he develops his neuromuscular mechanisms, he may reap the benefits of athletics in the intramural and physical education programs.

Probably the next item of importance in the prevention of injuries is the condition of the players. It is a well-known fact that there are more injuries in the early weeks of football than there are in the latter stages of the season. Many associations require a minimum training period, usually of three weeks, prior to the first game. These stipulations, however, are like many other rules. While their intentions are good, they are totally inadequate to meet the needs of the situation.

What is needed is some simple test by which physical condition may be determined easily and accurately. There are two fairly valid tests known at present: the Pulse Rate of Recovery Test, which is described by Bovard and Cozens in *Tests and Measurements in Physical Education*, and the more recent Cold Pressor Test, a description of which may be found in the January, 1936, issue of the *American Heart Journal*.

Mental condition

Coaches should not overlook the fact that condition may be mental as well as physical, and that contestants who are not mentally prepared for competition are just as much out of condition as those who are not physically prepared.

Another factor to consider is the relative freshness of the individual. A boy may be in excellent condition at the beginning of a contest but after playing himself out he invariably loses his fine sense of coordination. He can still size up a situation properly, but he cannot respond the way he should. Not only is such a player himself exposed to injury, but he is quite apt to be a source of injury to others. He should be immediately removed from the game.

Both these factors—coordination and condition—are closely allied to the age of the contestant. Every boy has what might be considered two ages—actual and comparable. His actual, or chronological age, is computed in terms of years, months and days. While a factor of importance, it is of less moment than his comparative age.

A boy of fifteen, for example, is at a considerable disadvantage when competing against a boy of seventeen or older of the same weight and height.

Here again many high school associations have attempted to solve the problem with legislation. In most states boys are no longer eligible to compete in inter-school athletics upon reaching the age of twenty.

When you remember that the average high school graduation age is eighteen years, six months, a good case can be made out to reduce at least to nineteen the limiting age in high school athletics.

On the actual playing field the enforcement of the rules has a very vital bearing on the reduction of injuries. Coaches frequently are heard complaining of slow or quick whistles. Their complaint is not entirely a matter of opinion. Certain officials have slow reaction time, and thus blow a slow whistle. Others are quick reactors and, correspondingly, blow a fast whistle.

Since reaction time may be measured to one-thousandth of a second, it seems logical to assume that quick reacting officials are much less apt to have injuries than the slow reactors. The small fraction of difference in time of the blowings may mean the difference between a pile-up or not.

Dental injuries

So far as is known the Cleveland Senate is operating a system of care for athletes which is somewhat unique in a large city situation. Every boy participating in interscholastic athletics is guaranteed unlimited medical service in case of injury. He is further guaranteed one week of complete hospitalization.

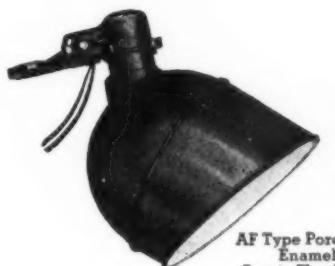
Every boy is also guaranteed the best possible restoration or repair of teeth, providing he has proper articulation of teeth to begin with and that the teeth broken or damaged have not had their structure weakened by previous decay or repair.

To determine these two factors, the mouths of boys expecting to compete in athletics are given a very careful examination prior to the close of school each Spring. The detailed findings are passed on to the boys. If repair is necessary or if certain teeth should be extracted, the boys are advised that the needed repair or extraction must be completed before permission to compete is granted.

Boys with marked cases of malocclusion (faulty closure of the upper and lower teeth) are informed at this time of the findings of the dentist. Malocclusion is responsible for at least ninety percent of all serious

(Continued on page 52)

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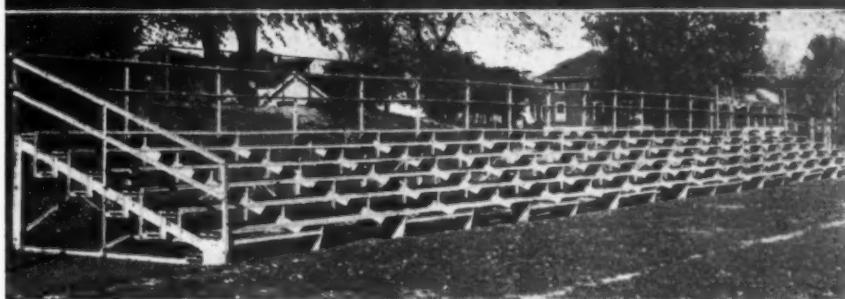
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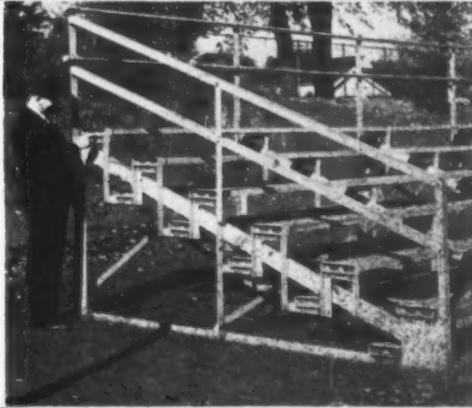
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Coaches' Corner

If you have something for this column send it to Bill Wood, Evanston Township High School, Evanston, Illinois.

That not-so-fantastic illustration above gives you a small idea of what a certain Texas high school backfield may look like next fall. The coach is now giving his spring football candidates *dancing lessons*. He declares that all athletes should be good dancers. About 75 percent of his players are now doing the Heel and Toe Polka, Virginia Reel, etc. He says he may use some sort of dance step in his spinner back's footwork next season.

Gabby Hartnett has been getting laughs in the clubhouse of the Giants, with a story about a screwball who approached a woman and asked: "Isn't your name Mrs. Mamie Jones?"

When she nodded in the affirmative, he continued: "And didn't you live out on Willow Street years ago?"

Again she acquiesced, and he persisted "Aren't you the woman that dropped a baby out of a 28-story window one day?"

Hesitatingly she nodded, and asked "Why?"

Grinning, the screwball replied, "Hello, MA!"

We just found out that *Scholastic Coach* was responsible for a recent "crime wave" in the physical education department of the Visalia, Calif., Union High School and Junior College. Oakley Morris, director of athletics, writes:

"For some time *Scholastic Coach* has been coming to our school and being put on the reading file in the gym office. It has been used, I must confess, as an assignment source for make-up work by delinquent pupils. (Imagine punishing your students by making them read *Scholastic Coach*!) However, the magazine has become so popular—and our make-up class so large—that we have had to change our tactics. We now have it on the 'open' shelf. A rather distasteful hygiene book has succeeded in

decimating the delinquents' ranks."

"Our nickname, the 'Buttons,' is somewhat unusual, at least in origin," writes Director of Athletics Victor Wettgenstein of Central Catholic High, San Antonio, Tex. "We were originally connected with St. Mary's University here in San Antonio. They are called the 'Rattlers.' Their boarding high school division had 'Fangs' as their title. Naturally the academy or day school took 'Buttons' for a nickname. It all fits if you know your rattlesnakes." (Ed note: We don't.)

Our idea of a super-man is "Sig" Signorile, first baseman for the College of the City of New York. He works in the city's Independent Subway every night from midnight to 8 A.M., carries a full scholastic schedule during the day and plays ball every afternoon. What he does for sleep is one of life's mysteries.

However, the Big City's athletes are always getting in their athletics the hard way. For three years, Jim Herbert, New York University's great middle distance runner, thrived on a schedule very similar to Signorile's. After carrying the mail figuratively all afternoon, he carried it literally all night—being a regular post office employee on a night shift.

Additions to our nickname list include: the "Redheads" of Virginia, Ill.; the "Saukees" of Pittsfield, Ill.; the "Hematites" of Ishpeming, Mich.; the "Vandals" of Van, Tex.; the "Scoties" of Waverly, Ill.; and the "Hatchets" of Washington, Ind. There's a story behind each if you want it. Incidentally, the "Hatchets" were keen enough to carve themselves an Indiana State championship this season. Standouts on the team were two Negro brothers, Charley and Willie Harmon.

Add maybe-it-doesn't-matter department. Concordia College of St. Louis, Mo., won ten basketball games in a row this past season. We would like to give the coach credit for this

outstanding achievement—but there wasn't any coach! The boys just played. The coaching fraternity is hoping that the idea doesn't spread too much.

The official tally on Dwight Eddleman's scoring for the year is now in. The Centralia, Ill., "Wondershot" connected for 969 points to bring his three-year total to 1866. Many first class teams don't score that many points in a decade. It was not until the final game of the state tournament that Centralia met its conqueror—Morton High of Cicero, who was barely able to turn the trick.

Another of the nation's great prep scorers is Casimire Weinacker of McGill High, Mobile, Ala., who scored 1097 points in three years. That's plenty good, too.

The Davenport, Iowa, line-up that captured the state title by downing Holstein in the finals included two Days, a Crow, and a Moon. The coach of the Blue Devils is another Moon, Paul "Full."

If you are wondering where the center of population for the Brown family is, you might write Coach Emery Carter of Waverly, Ill. He has one varsity player and a complete intramural team of that name. Bet we could guess their nickname without half trying. Could it be the "Brownies" by any chance?

It's Warmerdam again, the stratosphere vaulter! A rift in the clouds this time gave us a glimpse of his descent from 15 ft., 2 1/2 in. It can't be California sunshine and orange juice entirely; the guy must be part kangaroo.

Bobby Jones III makes his debut as a tournament golfer this month. It was just twenty-five years ago that his dad, Robert Tyre Jones Jr., won the Georgia state amateur championship, the first of a long series of tri-

umphs. If you want to read a remarkable tribute to a champion of champions, read Paul Gallico's "One Hero" in *Farewell to Sport*. It will help you understand why Bobby Jones hoped his son would never become a tournament player.

Historic St. Andrews will be open to golfers this summer, but not as usual. A year ago the course was resown for grazing, and now a flock of nearly two hundred sheep dot the fairways. Not even the domain of ye ancient game of golfe is sacred to the God of War.

We have heard little about high school golf in *Coaches' Corner*. How many high school golfers have scored a hole-in-one? Have you told your boys who need jobs that there will probably be a shortage of caddies this summer? On the other hand, there will be fewer golfers and most of them will be in a hurry to get back on the job.

Add "Ho, Hum!" department. Michigan has won its eighth consecutive NCAA swimming title. Rather exciting to record that the Wolverines are slipping a bit. Yale came within three points.

Escanaba, Mich., High School hasn't lost a football game in two years.

Central High of Peoria, Ill., hasn't lost a dual tennis match since 1937. The string is now somewhere in the sixties.

Early this spring Coach P. B. Springer of Benton High, St. Joseph, Mo., led his boys out for a time trial on the new track. One by one past school records were shattered. The watch showed the quarter-milers pulling in at 51 and the half-milers at two minutes even. A little suspicious that he didn't have the jack-rabbits the time indicated, Coach Springer got out his tape measure and went to work. The new track was just forty yards short.

A recent Kewanee, Ill., interclass track meet turned out to be a family affair. For the juniors, Bob Tunnicliff won seven events. For the freshmen, "brother Ed" won seven second places.

All-American note that makes us proud of a nation where such things can be. "The tournament was preceded by the presentation of the color guard of the Luther L. Wright High School ROTC—Ted Mieloszyk and John Wesolowski. John Britanyak was the flag bearer and Donald Hampson the bugler." (From the Ironwood, Mich., *Daily Globe*.)

How did that fellow Hampson get in there, anyway?

Said Gracie Allen of Biff Jones, "Is it true that he has to wear a girdle?" "No. Why?"

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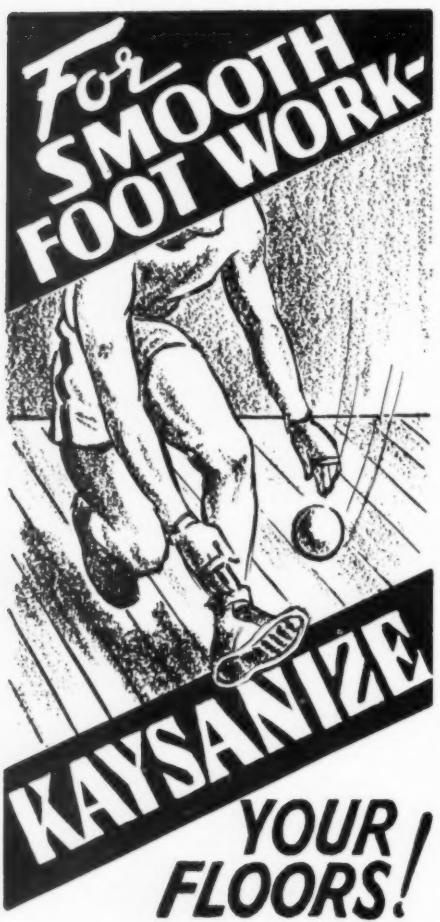
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Athletic Injuries

(Continued from page 49)

dental injuries. In other words athletes whose teeth are properly articulated seldom receive such severe injuries as broken teeth.

On the other hand, many boys who lose teeth in athletics are found, upon examination, to have cases of malocclusion which could have been corrected by some good orthodontist before the boy reached the age of twelve or fourteen. At high school age, such cases are entirely beyond the scope of the orthodontist.

Certainly, then, such boys should be told prior to athletic competition that they are asking for trouble insofar as dental injuries are concerned. They should also be warned, and their parents as well, that any dental injuries sustained in athletics will hasten the grievances which malocclusion always causes in later life.

No matter how skillfully repair or replacement is made, such repair becomes the focus for dental caries. It is a moot question whether such a focus of infection hastens decay in other parts of the mouth. One thing, however, is certain. After the injury and subsequent replacement, the boy's mouth is never in as good condition to resist decay as it was before.

The boys and the principal of the school are given written copies of the results of the examination. The original record is filed in the headquarters office.

Cleveland plan vs. insurance

Many states administer the care of athletic injuries with a form of voluntary insurance, certain features of which represent a marked improvement over the Cleveland system.

For one thing the administration of athletic insurance is impersonal. Under certain conditions, certain sums of money are paid to injured athletes. In general the decision as to whether or not a boy is entitled to compensation is clear cut. In doubtful cases insurance adjusters are not only apt to be fair and open minded, but will lean backward to give the boy every benefit of doubt.

Another of the advantages of the insurance plan—and this cannot be underestimated—is that the decision regarding the matter of compensation is completely divorced from school authorities, and is so recognized by the beneficiaries.

The idea of insurance has been so

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clearly presented to the lay public that insurance methods are thoroughly understood by almost everybody.

The single biggest advantage which the Cleveland plan has over insurance is that the injured boy is guaranteed complete medical care, regardless of whether his injury requires a week or fifty-two weeks of attention. Of course this does not apply to hospitalization.

A boy is given up to seven days of hospitalization for each separate and distinct injury. This is not true with insurance. A boy, under the insurance policy, for example, gets \$50 for a broken arm. He makes two calls to the doctor for a simple fracture, and that is that. The doctor may charge him \$25, leaving the boy a profit of \$25.

Another boy, not so fortunate, sustains a broken arm in which complications set in. The \$50 does not begin to cover the cost of service required. The family then loses the difference between the \$50 and the actual cost.

You may well argue that accidents like these seldom occur. But fate plays curious tricks.

There is one other distinct advantage to the Cleveland plan. Boys with minor injuries are sent freely to the doctor and receive prompt attention which may prevent untold complications. Under the insurance plan, boys with minor injuries receive no attention or compensation until these injuries resolve into major items as classified under the Bill of Particulars in the insurance policy.

It would be unfair to fail to emphasize one of the decided disadvantages of the Cleveland plan, which has already been mentioned by inference. Under the insurance plan the injury, as well as the boy and his family, are treated impersonally by a large organization usually remote from the scene of the accident.

In the Cleveland plan, impersonal handling of injuries is practically impossible. Every injured boy or his parents knows some one with whom they think they have influence.

Parents who honestly are unable to defray the expense of hospitalization past the seven days guaranteed, when same is necessary, are difficult people to deal with, just as any of us in their predicament would be difficult to deal with. The injured boy is their boy; he is in our local school system; therefore, direct appeal for individual consideration is frequent.



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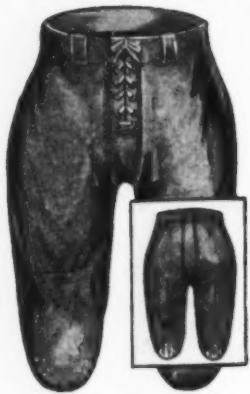
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NATIONAL FEDERATION NOTES

UNDER direct sponsorship of Secretary J. D. Meyer and the Washington High School Athletic Association Board of Control, a National Federation regional conference was held in Spokane on April 11, in connection with the convention of the Inland Empire Educational Association.

Seven states were represented, including Washington, Oregon, Idaho, Utah, North Dakota, Montana and Illinois. In addition, Alaska was represented by Superintendent George V. Beck of Petersburg, Alaska.

H. V. Porter, secretary of the National Federation, spoke on athletic trends, outlining several policies of the state and national high school associations and the reasons underlying them.

R. M. Berry discussed the matter of athletic insurance. He based his discussion on a paper which had been prepared by P. F. Neverman of Wisconsin. After Mr. Berry had summarized the various plans of insurance, the problem was thrown open to the group. This discussion was of special interest to the delegates of the states considering athletic injury coverage.

Idaho, it was reported, has developed a plan with considerable flexibility. Their schedule calls for definite payment for various types of injury. However, they have not hesitated to give assistance where injuries involving hospital care were not covered specifically. To date, they have been able to operate without any loss to the state association.

Among the states which provide some form of hospitalization are Oregon, Idaho and Wisconsin. One of the greatest problems seems to be the indiscriminate use of the x-ray, particularly where the state association bears the expense.

Following a discussion by various state officers, several men representing commercial insurance companies took over. Robert Warren, whose company underwrites the Texas Interscholastic League and the Colorado High School Athletic Conference programs, revealed that in these states a group insurance is written with the sanction of the state association but all of the work is done in the company office and all claims are paid direct by them. The schedule of benefits is quite similar to that which is in effect



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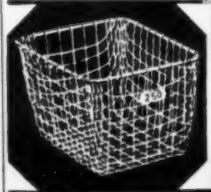
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in a number of the states where the program is administered by the state association.

Some time was given to a discussion of the National Federation rules-writing activities. The discussion brought out the many benefits which have been derived through these rules activities and the fact that many other phases of the state high school association work are closely tied up with the work which is done in connection with the rules. It is only through these rules-writing activities that the high school groups are able to maintain some control over the type of game which is to be played.

Through the rules activities, the games have been properly adapted to the needs of high school boys. The games have been made more attractive and the equipment more satisfactory. The program is possible only when great numbers of high schools are willing to cooperate by using the rules as published by their state high school associations acting through the National Federation. Only in a few isolated sections where there is only a hazy understanding of the reasons underlying the rules policies, has any difficulty been experienced.

The schools and defense

The relationship of high school athletic activities to the entire national defense program was also considered at the meeting. It was generally felt that these activities are certain to be affected by the efforts of the state and federal government to increase health and physical stamina. One of the most important functions of the school will be to regulate its physical training and athletic departments to develop those qualities tending to strengthen physique and morale.

Among the topics which were briefly discussed and placed on the agenda for next year's conference was one relating to joint activity in connection with a printed bulletin to serve the northwest states. There was considerable interest in the possibilities along this line. Such bulletin would be based upon the National Press Service material. Each of the cooperating states would have a special section for announcements and information pertaining to the particular state.

Plans were made for a series of football meetings during the week of September 13 to 20 at Bismarck, N. D.; Great Falls, Mont.; Seattle, Wash.; Portland, Ore.; Boise, Idaho; and Salt Lake City, Utah.

"The Show Must Go On"

whether or not the star player of the team is out with an injury.

Most athletic injuries require heat to help relieve the pain and speed up the repair process.

Antiphlogistine's retained heat and medication are especially valuable in the treatment of the majority of baseball and other athletic injuries.

Antiphlogistine

The Denver Chemical Mfg. Co.
167 Varick St. New York

Horn FOLDING BLEACHERS

20 Exclusive Advantages
THAT ASSURE
Maximum Seating Capacity
Maximum Comfort
Maximum Flexibility
AT NO EXTRA COST
Write for Free literature.

HORN MANUFACTURING CO.
Dept. S, Fort Dodge, Iowa

SCHOLASTIC COACH MASTER COUPON

After checking carefully items desired, this coupon may be sent directly to Scholastic Coach advertising department, 220 East 42nd Street, New York, N. Y., from which point the advertiser will be notified of the requests.

AMERICAN CHAIN & CABLE CO. (26)	COACHING SCHOOLS Complete Details	HILLERICH & BRADSBY (35)
<input type="checkbox"/> Information on Page Stainless Steel Tennis Nets	<input type="checkbox"/> California H. S. (44) <input type="checkbox"/> Colorado H. S. (46) <input type="checkbox"/> Daytona Beach (45) <input type="checkbox"/> Duke U. (45) <input type="checkbox"/> Eastern Coaching (43) <input type="checkbox"/> Indiana Bask. (44) <input type="checkbox"/> Mid-West (47) <input type="checkbox"/> No. Carolina U. (46) <input type="checkbox"/> Northwestern U. (44) <input type="checkbox"/> Penn St. College (40) <input type="checkbox"/> Tennessee (47) <input type="checkbox"/> West Virginia U. (46) <input type="checkbox"/> Wm. & Mary (44)	<input type="checkbox"/> Catalog <input type="checkbox"/> Booklet, "Famous Sluggers of 1941" <input type="checkbox"/> Softball Rule Book How Many?
AMERICAN CRAYON (52)	<input type="checkbox"/> Sample Antiphlogistine	HILLYARD SALES (34)
<input type="checkbox"/> Kaysan Demonstration Kit	<input type="checkbox"/> DUNLOP TIRE & RUBBER CO. (33)	<input type="checkbox"/> Basketball Chart and Score Book
AMERICAN WIRE FORM (54)	<input type="checkbox"/> DENVER CHEM. CO. (55)	HORN MFG. CO. (55)
<input type="checkbox"/> Folder on Baskets	<input type="checkbox"/> Sample Antiphlogistine	<input type="checkbox"/> Illustrated Folder on Bleacher Installations
ATLAS ATHLETIC EQUIPMENT CO. (33)	<input type="checkbox"/> DURENE ASSN. (28)	IVORY SYSTEM (See back Cover)
<input type="checkbox"/> Information on Netgoal	<input type="checkbox"/> Booklet, "Don't Be Dopey!" How Many?	<input type="checkbox"/> Sample Card and Infor- mative Booklet on Pen- etrating Leather Oil
BECTON, DICKINSON (15)	<input type="checkbox"/> FAIR-PLAY (56)	RICHARD M. JOHNSON (39)
<input type="checkbox"/> Sample Ace Adherent <input type="checkbox"/> Ace Athletic Manual	<input type="checkbox"/> Information on Timers and Scoreboards	<input type="checkbox"/> Individual Embroidered Name Plate
W. A. BICKEL & CO (39)	<input type="checkbox"/> GENERAL ELECTRIC (21)	JOHNSON & JOHNSON (19)
<input type="checkbox"/> Catalog and Instruction on Re-Stringing Equip.	<input type="checkbox"/> Bulletins: How to Flood- light Football, Softball, Baseball Fields, Tennis Courts, Swimming Pools	<input type="checkbox"/> Booklet, "Aids for Ath- letes"
BIKE WEB MFG. CO. (See 2nd Cover)	<input type="checkbox"/> MARTY GILMAN (26)	KAHNFAST SATINS (32)
<input type="checkbox"/> History of Olympics How Many?	<input type="checkbox"/> Catalog on Football Field Equipment	<input type="checkbox"/> Sample Swatches of Fabrics
<input type="checkbox"/> Taping Film Reservation	<input type="checkbox"/> GULF OIL (3)	KNOX GELATINE (6)
CEDAR KRAFT (39)	<input type="checkbox"/> Booklet, "Sani-Soil-Set for Treating Play- grounds"	<input type="checkbox"/> Endurance Booklet How many?
<input type="checkbox"/> Information, Score Boards		LAFAYETTE RADIO (53)
CHAMPION KNITWEAR (53)		<input type="checkbox"/> Catalog on Public Ad- dress Systems
<input type="checkbox"/> New 1941 Catalog		LINEN THREAD CO. (2)
C. B. DOLGE CO. (51)		<input type="checkbox"/> Folder on Sports Nets
<input type="checkbox"/> Brochure on Athlete's Foot		W. B. MATTHEWS (32)
<input type="checkbox"/> Floor Maintenance Manual		<input type="checkbox"/> Information "Abdo- Gard"

(Numbers in parentheses denote page on which advertisement may be found)

ON PAGE 56 ARE OTHER LISTINGS AND FORM FOR SIGNATURE

FAIR-PLAY FOOTBALL TIMER BARGAIN!

The biggest football timer value you've ever seen. New 1942 model is 60" high, 50" wide. Quick-setting clock has translucent dial lighted from behind. Visible 150 yards. Numerals in corners used for downs or quarters. Score units also available. Price, as shown, now only \$125. Send for details today.

FAIR-PLAY MFG. CO.
DEPT. 5, DES MOINES, IOWA



SCHOLASTIC COACH MASTER COUPON

(See page 55 for other listings)

(Numbers in parentheses denote page on which advertisement may be found)

G. McARTHUR & SONS (30)	RCA MFG. CO. (5)	UNITED CLAY MINES CORP. (39)
<input type="checkbox"/> Free School Towel Plan	<input type="checkbox"/> Catalog on Public Address Systems	<input type="checkbox"/> Bulletin, Field Marker
CHUCK McGUINNESS (41)	REVERE ELECT. MFG. CO. (53)	UNIVERSAL BLEACHERS (33)
<input type="checkbox"/> Information, Football Advisory Service	<input type="checkbox"/> Sports Lighting Bull'n	<input type="checkbox"/> Catalog
FRED MEDART MFG. CO. (22)	SAFEBAT CO. (41)	U. S. RUBBER (47)
<input type="checkbox"/> Playground Equipment	<input type="checkbox"/> Information on Rubber-Covered Softball Bats	<input type="checkbox"/> Frank Leahy's Book on Football
<input type="checkbox"/> New Fan-Shape Back-board & Goal	SCHUTT MFG. CO. (35, 54)	UTICA STEAM ENGINE & BOILER WORKS (49)
<input type="checkbox"/> Telescopic Gym Seats	<input type="checkbox"/> Information on Back-boards, Uni-Goal	<input type="checkbox"/> Information on Bleachers
<input type="checkbox"/> Gym Mats	SEAMLESS RUBBER (36)	VESTAL CHEMICAL LABS. (38)
NATIONAL ELECTRIC SCORE BOARD (51)	<input type="checkbox"/> Booklet, "My Method of Taping Athletes"	<input type="checkbox"/> Catalog
<input type="checkbox"/> Information	WILLIAM SKINNER & SONS (31)	<input type="checkbox"/> Booklet, "How to Make Stars"
PETERSEN & CO. (35)	<input type="checkbox"/> Information on Fabrics	VOIT RUBBER CO. (4)
<input type="checkbox"/> Catalog on Gym Mats, Football Dummies, Wrestling Mats	SOLVAY SALES (37)	<input type="checkbox"/> Catalog on Rubber Balls
J. E. PORTER CORP. (41)	<input type="checkbox"/> Booklet on How to End Dust and Weeds	WAYNE IRON WORKS (54)
<input type="checkbox"/> Illustrated Folder on New Fan-Shape Back-board	A. G. SPALDING (1)	<input type="checkbox"/> Catalog on Rolling Gymstand and Portable Grandstand
<input type="checkbox"/> Circulars on Gym Equipment	<input type="checkbox"/> Football Catalog	WEST DISINFECTING CO. (48)
<input type="checkbox"/> Information on Tennis, Track, Baseball Equipment	STANDARD BRANDS (17)	<input type="checkbox"/> Booklet, "The Proper Maintenance of Floors"
JULES RACINE (52)	<input type="checkbox"/> Facts on Bread	WESTINGHOUSE ELECT. MFG. CO. (49)
<input type="checkbox"/> New Sports Timer Catalog	G. H. TENNANT (52)	<input type="checkbox"/> "Sports Floodlighting Planning Book"
	TROJAN ATHLETIC WEAR (54)	WILSON SPORTING GOODS (8)
	<input type="checkbox"/> Catalog	<input type="checkbox"/> Catalog

NAME _____ POSITION _____
(Principal, coach, athletic director, physical director)

SCHOOL _____ ENROLLMENT _____

CITY _____ STATE _____

No coupon honored unless position is stated

May, 1941

Softball Skills

(Continued from page 14)

his left out in front, much the same as in a distance runner's start.

The runner watches the pitcher closely, and dashes away the instant the ball leaves his hand. If the batter doesn't offer at the pitch or swings and misses, he takes two or three steps and comes back to the base. The extra step may mean the difference between a double play, a force out or the scoring of a run.

When there is a possibility of advancing after a fly ball, it is well to touch up while the fielder is running the ball down. This should be a hard and fast rule for the runner on third, even on drives that look like sure home runs. Since he can score on almost any fair hit ball to the outfield, it pays to play safe.

Runners on second must exercise more judgment. If the fly is deep to center or right field, and a fielder is under it, the best play usually is to touch up and try to make third after the catch; taking into consideration his fleetness afoot, the depth of the fly and the arm of the fielder. If the fly looks like a hit the runner should inch as far off the base as safety permits, so that he can score on a hit.

Runners on first can seldom advance on flies, no matter how long they are hit. Hence on long flies that have a chance of dropping safely, they should go almost halfway down the base line. In this position they are sure of reaching third if the ball drops safely.

Chop hitting

Batters with good eyes may derive much from the potentialities of chop hitting. This type of batting is not used to a great extent because of the average hitter's inability to get a solid smack at the ball. But to the man who can get a piece of the ball every time he swings, chop hitting is invaluable.

The chop hit is best defined as a ball batted into the ground somewhere in the infield with enough power behind it to cause a high bounce. A fast man can usually make first by the time the ball comes down.

As in baseball the left-handed batter has the advantage over the starboard swinger, due to the extra step advantage he has toward first. The drag bunt on a change of pace ball, with a half-running start, is used very successfully by fast men.

LAST CALL
 for
SPRING
SOFTBALL
TOURNAMENTS



There is still time to enter your school for a Scholastic Softball Tournament. All you need to do is to fill in the coupon below, or send the information on your school letter-head. By return mail you will receive draw charts, trophies for the winners, and other supplies to help you conduct your softball tournament.

Conduct your tournament under your own rules—in any way you please. Your supplies will include 12 trophies, one for each player on the winning team. Nothing to buy—nothing to sell—no obligation of any kind.

This National program is sponsored by Pepsi-Cola Company, and is managed by Scholastic Coach, to increase interest in organized softball play.

Sanctioned by the Amateur Softball Association of America

**ENROLL
YOUR
SCHOOL
NOW**

SCHOLASTIC SOFTBALL TOURNAMENTS
220 E. 42nd Street, New York, N. Y.

Please enroll my school

for boys' tournament girls' tournament and send the trophies, etc., to me.
(check) (check)

I anticipate in the boys' tournament and in the girls' tournament.

I would like to start actual playing of games by (insert date)

My Name Position

Name of School Address

City State Enrollment of school: boys girls

2

DEPENDABLE PRODUCTS WHICH
YOU SHOULD HAVE ON HAND
IN YOUR ATHLETIC SUPPLY ROOM



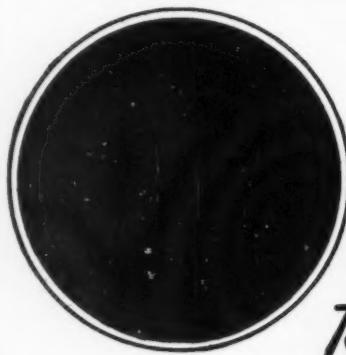
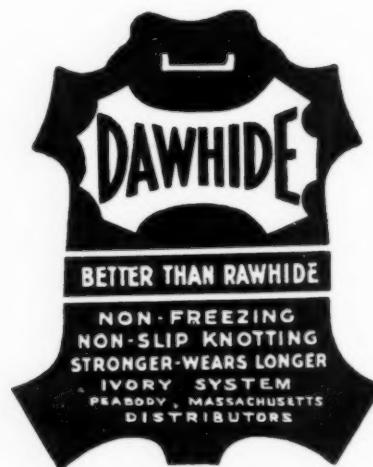
PENETRATING OIL
\$2.50 PER GALLON
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Better than Rawhide Laces
In spools—144 yards
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